

**CURRICULUM VITAE**  
**MATTHEW VIERIMAA, Ph.D.**

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Associate Professor  
School of Kinesiology | Acadia University  
Box 143, Wolfville, NS, B4P 2R6  
Phone: (902) 585-1722 | Email: matthew.vierimaa@acadiau.ca

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**BACKGROUND**

**Professional History**

- 2022-Present Associate Professor  
School of Kinesiology  
Acadia University, Wolfville, Nova Scotia, Canada
- 2019-2022 Assistant Professor  
School of Kinesiology  
Acadia University, Wolfville, Nova Scotia, Canada
- 2016-2019 Assistant Professor  
Department of Kinesiology and Health Science  
Utah State University, Logan, Utah, USA
- 2013-2016 Teaching Fellow  
School of Kinesiology and Health Studies  
Queen's University, Kingston, Ontario, Canada
- 2010-2016 Research Assistant  
Performance Lab for the Advancement of Youth in Sport  
School of Kinesiology and Health Studies  
Queen's University, Kingston, Ontario, Canada
- 2010-2015 Teaching Assistant  
School of Kinesiology and Health Studies  
Queen's University, Kingston, Ontario, Canada

**Educational History**

- 2012-2016 Doctor of Philosophy  
Queen's University, Kinesiology and Health Studies  
Specialization: Sport Psychology  
Supervisors: Jean Côté, Ph.D. and Mark W. Bruner, Ph.D.
- 2010-2012 Master of Science

Queen's University, Kinesiology and Health Studies  
 Specialization: Sport Psychology  
 Supervisor: Jean Côté, Ph.D.

2006-2010 Bachelor of Science  
 Queen's University, Kinesiology and Health Studies  
 Specialization: Kinesiology

## RESEARCH

### **Refereed Publications** \*Student co-authors are underlined.

- Shaw, R. B., Giroux, E. E., Gainforth, H. L., McBride, C. B., **Vierimaa, M.**, & Martin Ginis K. A. (2022). Investigating the influence of interaction modality on the communication patterns of spinal cord injury peer mentors. *Patient Education and Counseling*, *105*, 1229-1236. <https://doi.org/10.1016/j.pec.2021.09.008>
- Dorsch, T. E., **Vierimaa, M.**, Terwillegar, M., Coffman, J., & Shaw, T. (2021). “What’s Our Olympic Legacy?”: A Case Study of One Community’s Efforts to Optimize Youth Sport Programming Following a Mega-Sporting Event. *Journal of Olympic Studies*, *2*, 84-109.
- Wray, P., Ward, C. K., Nelson, C., Sulzer, S. H., Dakin, C. J., Thompson, B. J., **Vierimaa, M.**, Das Gupta, D., & Bolton, D. A. E. (2021). Pickleball for sedentary mid-life and older adults in rural Utah: A pilot study. *International Journal of Environmental Research and Public Health*, *18*, 8374.
- Lawrason, S., **Vierimaa, M.**, & Martin, L. J. (2020). Coach perceptions of the social environment in recreational youth sport. *International Journal of Sport Psychology*, *51*, 197-220.
- Dorsch, T. E., Hardiman, A. L., & **Vierimaa, M.** (2020). Developing an organizational mission statement in youth sport: Utilizing Mad Libs as a novel, shared leadership approach. *Journal of Sport Psychology in Action*. <https://doi.org/10.1080/21520704.2020.1798576>
- Kim, J., Coleman, T., Godfrey, M., **Vierimaa, M.**, & Eys, M. (2020). The dynamics of informal role development within sport teams: A case study approach. *Psychology of Sport and Exercise*, *48*, 101670. <https://doi.org/10.1016/j.psychsport.2020.101670>
- Budziszewski, R., Graupensperger, S. J., & **Vierimaa, M.** (2020). Exploring predictors of moral disengagement in collegiate athletic trainers. *Journal of Athletic Training*, *55*, 96-104. <https://doi.org/10.4085/1062-6050-504-18>
- Evans, M. B., **Vierimaa, M.**, Graupensperger, S. J., & Budziszewski, R. (2020). Coach expectations and athlete lay beliefs: Interactions when predicting adolescent athletes’

- enjoyment and intentions to return. *Journal of Applied Sport Psychology*, 32, 416-428. <https://doi.org/10.1080/10413200.2019.1570392>
- Dorsch, T. E., **Vierimaa, M.**, & Plucinik, J. (2018). A citation network analysis of research on parent-child interactions in youth sport. *Sport, Exercise, and Performance Psychology*. Advance online publication. <http://dx.doi.org/10.1037/spy0000140>
- Coppola, A., Hancock, D. J., Allan, V., **Vierimaa, M.**, & Côté, J. (2020). Enhancing university practicum students' roles in implementing the Ontario Daily Physical Activity (DPA) policy. *Qualitative Research in Sport, Exercise, and Health*, 12, 125-140. DOI: 10.1080/2159676X.2018.1445660
- Herbison, J. D., **Vierimaa, M.**, Côté, J., & Martin, L. J. (2018). The dynamic nature of connection and its relation to character in youth sport. *International Journal of Sport and Exercise Psychology*. <https://doi.org/10.1080/1612197X.2017.1423507>
- Vierimaa, M.**, Bruner, M. W., & Côté, J. (2018). Positive youth development and observed athlete behavior in recreational sport. *PLoS ONE*, 13 (1), e0191936. <https://doi.org/10.1371/journal.pone.0191936>
- Allan, V., **Vierimaa, M.**, Gainforth, H., & Côté, J. (2018). The use of behavior change theories and techniques in coach development programmes: A systematic review. *International Review of Sport Exercise Psychology*, 11, 47-69. <http://dx.doi.org/10.1080/1750984X.2017.1286514>
- Dorsch, T. E., & **Vierimaa, M.** (2017). Parents' role in fostering positive youth development in sport: Theoretical and conceptual considerations. *Bulletin of the International Society for the Study of Behavioural Development*, 72, 6-10.
- Vierimaa, M.**, & Grimm, M. X. (2017). Resource Review: Centers for Disease Control and Prevention – HEADS UP. *International Sport Coaching Journal*, 4, 367-368.
- Vierimaa, M.**, Turnnidge, J., Bruner, M. W., & Côté, J. (2017). Just for the fun of it: Coaches' perceptions of an exemplary recreational youth basketball program. *Physical Education and Sport Pedagogy*, 22, 603-617. <http://dx.doi.org/10.1080/17408989.2017.1341473>
- Allan, V., Turnnidge, J., **Vierimaa, M.**, Côté, J., & Davis, P. (2016). Development of the Assessment of Coach Emotions (ACE) systematic observation instrument: A tool to evaluate coaches' emotions in the youth sport context. *International Journal of Sports Science and Coaching*, 11, 859-871.
- Vierimaa, M.**, & Côté, J. (2016). Exploring sociometric status and peer relations in youth sport. *Journal of Sport Behavior*, 39, 72-91.

Côté, J. & **Vierimaa, M.** (2014). The developmental model of sport participation: 15 years after its first conceptualization. *Science & Sports*, 29, S63-S69.

Imtiaz, F., Hancock, D. J., **Vierimaa, M.**, & Côté, J. (2014). Place of development and dropout in youth ice hockey. *International Journal of Sport and Exercise Psychology*, 12, 234-244. DOI: 10.1080/1612197X.2014.880262.

**Vierimaa, M.**, Erickson, K., Côté, J., & Gilbert, W. (2012). Positive youth development: A measurement framework for sport. *International Journal of Sports Science and Coaching*, 7, 601-614.

Turnnidge, J., **Vierimaa, M.**, & Côté, J. (2012). An in-depth investigation of a model sport program for athletes with a physical disability. *Psychology*, 3, 1131-1141.

### **Chapters in Edited Books**

Dorsch T. E., Carr, C., **Vierimaa, M.**, & Ryan Dunn, C. (2021). Utilizing systems theory as a framework for interventions with athletes, parents, teams, and organizations. In D. R. Marks, A. T. Wolanin, & K. M. Shortway (Eds.), *The Handbook of Clinical Sport Psychology* (pp. 243-257). Routledge.

Erickson, K., Wright, E., Kochanek, J., & **Vierimaa, M.** (2020). Peer influence and youth development. In M. W. Bruner, M. A. Eys, & L. J. Martin (Eds.), *The Power of Groups in Youth Sport* (pp. 221-240). New York: Elsevier.

Vella, S. A., Liddle, S. K., **Vierimaa, M.**, & Evans, M. B. (2020). Group dynamics and mental health in organized youth sports. In M. W. Bruner, M. A. Eys, & L. J. Martin (Eds.), *The Power of Groups in Youth Sport* (pp. 277-301). New York: Elsevier.

Côté, J., Allan, V., Turnnidge, J., **Vierimaa, M.**, & Evans, M. B. (2018). The talent lifecycle. In T. Horn & A. L. Smith (Eds.), *Advances in Sport and Exercise Psychology (4<sup>th</sup> ed.)* (pp. 467-482). Champaign, IL: Human Kinetics.

Erickson, K., Côté, J., Turnnidge, J., Allan, V., & **Vierimaa, M.** (2017). Play during childhood and the development of expertise in sport. In D. Z. Hambrick, G. Campitelli, & B. N. Macnamara (Eds.), *The Science of Expertise: Behavioral, Neural, and Genetic Approaches to Complex Skill*. London: Routledge.

**Vierimaa, M.**, Turnnidge, J., Evans, M. B., & Côté, J. (2016). Tools and techniques used in the observation of coach behavior. In P. Davis (Ed.), *The Psychology of Effective Coaching and Management* (pp. 111-132). Happaage, NY: Nova.

- Vierimaa, M.**, Erickson, K., & Côté, J. (2016). The elements of talent development in youth sport. In A. Smith, & K. Green (Eds.), *Handbook of Youth Sport* (pp. 464-475). London: Routledge.
- Côté, J., Turnnidge, J., & **Vierimaa, M.** (2016). A personal assets approach to youth sport. In A. Smith, & K. Green (Eds.), *Handbook of Youth Sport* (pp. 243-256). London: Routledge.
- Evans, M. B., Allan, V., **Vierimaa, M.**, & Côté, J. (2016). Sport parent roles in fostering positive youth development. In S. Dagkas, & L. Burrows (Eds.), *Families, Young People, Physical Activity, and Health: Critical Perspectives* (pp. 228-240). London: Routledge.
- Turnnidge, J., Evans, M. B., **Vierimaa, M.**, Allan, V., & Côté, J. (2016). Coaching for positive youth development. In N. L. Holt (Ed.), *Positive Youth Development through Sport (2<sup>nd</sup> ed)* (pp.137-149). London: Routledge.

**Refereed Presentations** \*Student co-authors are underlined.

- Dunn, C. R., Hardiman, A. L., Dorsch, T. E., **Vierimaa, M.**, & Osai, K. (2022, May 26-28). “We’re paying good money for this”: An examination of sport parents’ views on investment in elite sport participation during the COVID-19 pandemic. In M. Babkes-Stellino (Chair), *‘Sport parenting’: Evidence-based understanding of unique and relevant psychosocial experiences*. Symposium conducted at the North American Society for the Psychology of Sport and Physical Activity Annual Conference, Kona, Hawaii.
- Hardiman, A. L., Dorsch, T. E., & **Vierimaa, M.** (2022, May 26-28). An examination of youth sport leaders’ efforts to keep an elite youth volleyball club operational during the global COVID-19 pandemic. In A. L. Hardiman (Chair), *Understanding the interdependent nature of persons and contexts in youth sport: Implications for future research, design, and delivery of youth sport*. Symposium conducted at the North American Society for the Psychology of Sport and Physical Activity Annual Conference, Kona, Hawaii.
- Vierimaa, M.**, Dorsch, T. E., & Hardiman, A. L. (2021, October 15-22). Coaching and COVID-19: A Longitudinal case study of youth volleyball coaches [Oral presentation]. 2021 Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) National Conference, Nipissing University, North Bay, ON, Canada.
- Fleming, D., Dorsch, T. E., & **Vierimaa, M.** (June 2021). Perfectionism in sport: A citation network analysis. Poster presented at the 2021 North American Society for the Psychology of Sport and Physical Activity Virtual Conference.
- Hardiman, A. L., Dorsch, T. E., & **Vierimaa, M.** (June 2020). Organizational effectiveness in youth sport: Lessons learned from a year-long intervention with an elite volleyball club in the United States. Paper presented at the 2020 North American Society for the Psychology of Sport and Physical Activity Virtual Conference.

- Kim, J., Coleman, T., Godfrey, M., **Vierimaa, M.**, & Eys, M. (June 2020). A mixed-methods multiple case study of informal roles in two university basketball teams. Paper presented at the 2020 North American Society for the Psychology of Sport and Physical Activity Virtual Conference.
- Vierimaa, M.**, Martin, L. J., & Dorsch, T. E. (June 2019). “Time to grow up”: A retrospective exploration of adolescents’ entry into junior level ice hockey. Paper presented at the North American Society for the Psychology of Sport and Physical Activity. Baltimore, MD, USA.
- Vierimaa, M.**, & Dorsch, T. E. (June 2019). “It’s about the athlete first”: A case study of positive youth development through sport in Park City, Utah. Poster presented at the North American Society for the Psychology of Sport and Physical Activity. Baltimore, MD, USA.
- Dorsch, T. E., & **Vierimaa, M.** (June 2019). Defining an Olympic legacy: A case study of one community’s efforts to optimize youth sport programming. Poster presented at the North American Society for the Psychology of Sport and Physical Activity. Baltimore, MD, USA.
- Budziszewski, R., & **Vierimaa, M.** (June 2019). “Get tough!”: A case study on the development of the sport ethic in youth lacrosse. Poster presented at the North American Society for the Psychology of Sport and Physical Activity. Baltimore, MD, USA.
- Vierimaa, M.**, Budziszewski, R., & Hancock, D. J. (June 2018). Investigating birthplace effects in US collegiate and professional men’s basketball. Poster presented at the North American Society for the Psychology of Sport and Physical Activity. Denver, CO, USA.
- Budziszewski, R., **Vierimaa, M.**, Graupensperger, S. J., & Myers, M. (June 2018). Moral disengagement during injury evaluations among National Collegiate Athletic Association (NCAA) athletic trainers. Poster presented at the North American Society for the Psychology of Sport and Physical Activity. Denver, CO, USA.
- Dorsch, T. E., **Vierimaa, M.**, & Pluciniak, J. (June 2018). A citation network analysis of research on the parent-child relationship in organized youth sport. Poster presented at the North American Society for the Psychology of Sport and Physical Activity. Denver, CO, USA.
- Olsen, C. S., Studenka, B. E., Dorsch, T. E., Budziszewski, R., **Vierimaa, M.**, & Gordin, R. D. (June 2018). Performance on a visual-motor tracking task as a function of motivational orientation and motivational climate. Poster presented at the North American Society for the Psychology of Sport and Physical Activity. Denver, CO, USA.

- Vierimaa, M.**, & Billings, R. (October 2017). Don "Pete" Petersen - A profile of an expert participation sport coach. Paper presented at the Association for Applied Sport Psychology Annual Conference. Orlando, FL, USA.
- Vierimaa, M.**, Bruner, M. W., & Côté, J. (June 2017). Positive youth development and observed interpersonal interactions in recreational sport. In T. Dorsch (Chair), *The application and utility of viewing youth sport through a developmental lens*. Symposium conducted at the North American Society for the Psychology of Sport and Physical Activity. San Diego, CA, USA.
- Côté, J., Turnnidge, J., & **Vierimaa, M.** (June 2017). Coaching for youth development. In T. Dorsch (Chair), *The application and utility of viewing youth sport through a developmental lens*. Symposium conducted at the North American Society for the Psychology of Sport and Physical Activity. San Diego, CA, USA.
- Turnnidge, J., **Vierimaa, M.**, & Côté, J. (October 2016). Transformational leadership in action: The case of an effective youth sport coach for athletes with disabilities. Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology National Conference. Waterloo, ON, Canada.
- Lawrason, S., Martin, L.J., **Vierimaa, M.**, & Côté, J. (October 2016). Coaches' perceptions of the social environment in youth hockey. Poster presented at the Sport Canada Research Initiative. Gatineau, QC, Canada.
- Vierimaa, M.**, Bruner, M. W., Turnnidge, J., & Côté, J. (June 2016). Moral behaviour and team cohesion in youth sport: A multilevel analysis. In I. Boardley (Chair), *Coaching and group dynamics*. Symposium conducted at the North American Society for the Psychology of Sport and Physical Activity. Montreal, QC, Canada.
- Bruner, M. W., Turnnidge, J., **Vierimaa, M.**, & Côté, J. (June 2016). Transformational coaching behaviors and social identity in youth sport. In I. Boardley (Chair), *Coaching and group dynamics*. Symposium conducted at the North American Society for the Psychology of Sport and Physical Activity. Montreal, QC, Canada.
- Herbison, J., **Vierimaa, M.**, Côté, J., & Martin, L. J. (June 2016). Examining the dynamic nature of connectedness and its relation to moral behaviour through sociometry and observation in youth sport. Poster presented at the North American Society for the Psychology of Sport and Physical Activity. Montreal, QC, Canada.
- Lawrason, S., **Vierimaa, M.**, Côté, J., & Martin, L. J. (March 2016). The role of coaches in facilitating positive peer relationships within teams. Paper presented at the Eastern Canada Sport and Exercise Psychology Symposium. McMaster University. Hamilton, ON, Canada.

- Vierimaa, M.**, Bruner, M. W., & Côté, J. (October 2015). A holistic understanding of PYD in sport: The consideration of developmental context and time. In K. Tamminen (Chair), *Envisioning the future of positive youth development research in sport*. Symposium conducted at the Canadian Society for Psychomotor Learning and Sport Psychology National Conference. Edmonton, AB, Canada.
- Braun, C., **Vierimaa, M.**, Allan, V., & Côté, J. (October 2015). *The effects of coaches' observable emotions on athletes' self-reported enjoyment in a youth recreational basketball league*. Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology National Conference. Edmonton, AB, Canada.
- Allan, V., **Vierimaa, M.**, Gainforth, H. L., & Côté, J. (October 2015). *The use of behavior change theories and techniques in coach development programmes: A systematic review*. Poster presented at the Canadian Society for Psychomotor Learning and Sport Psychology National Conference. Edmonton, AB, Canada.
- Vierimaa, M.**, Bruner, M. W., & Côté, J. (June 2015). *An ethnographic study of positive youth development in recreational sport*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity. Portland, OR, USA.
- Braun, C., **Vierimaa, M.**, & Côté, J. (March 2015). *The effect of coaches' emotions on youth athletes' enjoyment in a recreational basketball league: Preliminary findings*. Paper presented at the Eastern Canada Sport and Exercise Psychology Symposium. University of Ottawa. Ottawa, ON, Canada.
- Vierimaa, M.**, Turnnidge, J., Bruner, M. W., & Côté, J. (October 2014). *Exploring coaches' perceptions of an exemplary recreational youth basketball program*. Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology National Conference. London, ON, Canada.
- Côté, J. & **Vierimaa, M.** (October 2014). *Seven postulates about youth sport activities that lead to continued participation and elite performance*. Presented at the International Congress on Children's Physical Activity and Sport. Université de Liège. Liège, Belgium.
- Vierimaa, M.**, Bruner, M. W., & Côté, J. (June 2014). *A naturalistic depiction of true competition in a recreational youth basketball program*. Poster presented at the National Coaching Conference. SHAPE America. Washington, DC, USA.
- Allan, V., Turnnidge, J., **Vierimaa, M.**, & Côté, J. (June 2014). *Assessment of Coach Emotions (ACE) observation coding system: Development and preliminary findings*. Poster presented at the National Coaching Conference. SHAPE America. Washington, DC, USA.



- Vierimaa, M.**, Bruner, M. W., & Côté, J. (March 2014). *A Multi-Method Examination of Social Processes and Positive Youth Development in Sport: A Proposed Study*. Paper presented at the Eastern Canada Sport and Exercise Psychology Symposium. University of Toronto. Toronto, ON, Canada.
- Yang, C., Turnnidge, J., **Vierimaa, M.**, & Côté, J. (March 2014). *Examining coaches' transformational leadership behaviours and youth's personal development in sport*. Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology National Conference. Edmonton, AB, Canada.
- Saunders, K., **Vierimaa, M.**, Turnnidge, J., & Côté, J. (March 2014). *Exploring perceptions of positive youth development and long-term contribution in a model recreational sport program*. Paper presented at the Eastern Canada Sport and Exercise Psychology Symposium. University of Toronto. Toronto, ON, Canada.
- Allan, V., Turnnidge, J., **Vierimaa, M.**, Davis, P., & Côté, J. (March 2014). *Assessment of Coach Emotions (ACE) Observation Coding System: Development and Preliminary Findings*. Paper presented at the Eastern Canada Sport and Exercise Psychology Symposium. University of Toronto. Toronto, ON, Canada.
- Allan, V., Hancock, D. J., **Vierimaa, M.**, & Côté, J. (October 2013). *Understanding the implementation of a daily physical activity program in elementary schools*. Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology National Conference. Kelowna, BC, Canada.
- Côté, J., Erickson, K., Turnnidge, J., **Vierimaa, M.**, Hancock, D. J., Matte, R., Adler, A., & Allan, V. (September 2013). *The activities and structures of youth sport: Coaching implications*. Presented at the International Council for Coaching Excellence. Durban, South Africa.
- Smith, G., **Vierimaa, M.**, Erickson, K., & Côté, J. (March 2013). *The development of peer interaction patterns in a recreational youth sport program*. Paper presented at the Eastern Canada Sport and Exercise Psychology Symposium. Brock University. St. Catharines, ON, Canada
- Vierimaa, M.**, & Côté, J. (November 2012). *Exploring the relationship between sociometric status and peer interactive behaviour in youth sport*. Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology National Conference. Halifax, NS, Canada.
- Imtiaz, F., Hancock, D. J., **Vierimaa, M.**, & Côté, J. (November 2012). *Place of development and dropout in youth ice hockey*. Poster presented at the Canadian Society for Psychomotor Learning and Sport Psychology National Conference. Halifax, NS, Canada.

Côté, J., & **Vierimaa, M.** (July 2012). *Defining and measuring coaching effectiveness*. Paper presented at the International Convention on Science, Education, and Medicine in Sport. Glasgow, UK.

**Vierimaa, M.**, Turnnidge, J., & Côté, J. (March 2012). *An observational examination of sociometric status and peer interactive behaviour in youth sport: Preliminary findings*. Paper presented at the Eastern Canada Sport and Exercise Psychology Symposium. Western University. London, ON, Canada.

Johnston, G., Smith, G., Erickson, K., **Vierimaa, M.**, & Côté, J. (March 2012). *How coaches say what they say: The development of an observational coding system to investigate the tone of interactive behaviours exhibited by youth sport coaches*. Paper presented at the Eastern Canada Sport and Exercise Psychology Symposium. Western University. London, ON, Canada.

**Vierimaa, M.**, Erickson, K., Côté, J., & Gilbert, W. (June 2011). *A framework for the measurement of positive youth development in sport*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity. Burlington, VT, USA.

Murphy-Mills, J., **Vierimaa, M.**, Côté, J., & Deakin, J. (November 2010). *An examination of coach-athlete interactions in a highly successful youth sport program for athletes with physical disabilities*. Paper Presented at the Coaching Association of Canada Sport Leadership Research Symposium. Ottawa, ON, Canada.

Murphy-Mills, J., **Vierimaa, M.**, Bruner, M.W., & Côté, J. (October 2010). *“The only disability is a bad attitude”: Exploring athletes’ experiences in a successful sport program for athletes with physical disabilities*. Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology National Conference. University of Ottawa. Ottawa, ON, Canada.

Murphy-Mills, J., Erickson, K., **Vierimaa, M.**, Côté, J., & Deakin, J. (March 2010). *An examination of coach-athlete interactions in a highly successful youth sport program for athletes with physical disabilities*. Paper presented at the Eastern Canada Sport and Exercise Psychology Symposium. McGill University. Montréal, QC, Canada.

**Vierimaa, M.**, Murphy-Mills, J., Erickson, K., & Côté, J. (March 2010). *The development and validation of a coding system for physically disabled youth athletes*. Paper presented at the Eastern Canada Sport and Exercise Psychology Symposium. McGill University. Montréal, QC, Canada.

### **Invited Presentations**

**Vierimaa, M.** (March 2021). Teaching life skills in sport, school, and life: Lessons learned from 15 years in Kinesiology. Presented at the 2021 Acadia Kinesiology Society Bi-Annual Conference.

**Vierimaa, M.** (March 2020). *Coaching effectiveness*. Webinar presented on behalf of the Canadian Sport Centre Atlantic. Halifax, NS, Canada.

Dorsch, T. E., & **Vierimaa, M.** (May 2019). *Park City, Our City: Assessment of and recommendations for the youth sport community*. Presented at the Utah Olympic Park. Park City, UT, USA.

**Vierimaa, M.** (June 2018). *Living the True Sport Principles: The Evidence for Peers and Teammates*. Presented at the True Sport Foundation Inter-Sectoral Exchange. Queen's University. Kingston, ON, Canada.

**Vierimaa, M.** (April 2018). *Coaching for positive youth development: Strategies for developing better athletes and better people*. Presented at the US Ski & Snowboard Club Excellence Conference. Park City, UT, USA.

**Vierimaa, M.**, Dorsch, T. E., & Gordin, R. (April 2017). *Interacting with the 21<sup>st</sup> century college student-athlete*. Utah State University Varsity Athletics. Logan, UT, USA.

**Vierimaa, M.**, Bruner, M. W., & Côté, J. (May 2015). *Just for the fun of it: Recreational sport as a vehicle for positive youth development*. Presented at the School of Kinesiology & Health Studies Research Colloquium. Queen's University. Kingston, ON, Canada.

Côté, J. & **Vierimaa, M.** (October 2014). *Seven postulates about youth sport activities that lead to continued participation and elite performance*. Presented at the International Congress on Children's Physical Activity and Sport. Université de Liège. Liège, Belgium.

**Vierimaa, M.**, & Côté, J. (May 2012). Sociometric status and peer interactions in youth sport. Presented at the School of Kinesiology & Health Studies Graduate Research Day. Queen's University. Kingston, ON, Canada.

### **Other Publications**

Dorsch, T. E., & **Vierimaa, M.** (May 2019). Park City, Our City: Assessment of and recommendations for the youth sport community. *Report commissioned by the Utah Olympic Legacy Foundation and Park City Sport and Wellness Coalition*. Retrieved from <https://qrgo.page.link/hPVjo>

Côté, J., **Vierimaa, M.**, Turnnidge, J., & Evans, M. B. (September-October 2015). Embracing the challenge of keeping score in youth sport. *Costco Connection Magazine*. Retrieved from [www.costcoconnection.ca/connectioncaeng/20150910?pg=16#pg16](http://www.costcoconnection.ca/connectioncaeng/20150910?pg=16#pg16)

Côté, J., Hancock, D., Turnnidge, J., & **Vierimaa, M.** (2013, May 29). Why keeping score matters. *The Kingston Whig-Standard*. Retrieved from <http://www.thewhig.com/2013/05/29/why-keeping-score-matters>

## **Grants and Contracts**

### ***Funded***

Erickson, K., **Vierimaa, M.**, & Hancock, D. J. (2022-2024). Co-Investigator on a SSHRC Insight Development Grant titled: “Youth sport coaching and officiating as social contribution: Exploring developmental pathways to community service”. \$63,540 CAD.

**Vierimaa, M.** (2021, April). Principal Investigator on a research grant titled: “*Building coaching capacity and sustainability in youth soccer.*” Change Lab Action Research Initiative: \$7,488 CAD.

Côté, J., Martin, L. J., Turnnidge, J., Craig, W., & **Vierimaa, M.** (2020, April). Co-Investigator on a SSHRC Insight Grant titled: “*Mobilizing Knowledge into Action: Exploring Parents' and Sport Organizations' Perceptions of the Quality of Youth Sport Programs.*” Social Sciences and Humanities Research Council of Canada: \$264,000 CAD.

Dorsch, T. E., Hardiman, A., & **Vierimaa, M.** (2019, October) Co-Investigator on a research contract titled: “*Enhancing Positive Physical and Socioemotional Development through Sport.*” Virginia Elite Volleyball Club: \$9,814 USD.

Bolton, D., **Vierimaa, M.**, Sulzer, S., Thompson, B., Dakin, C., Wray, P., Ward, C., & Nelson, C. (2019, March). Co-Investigator on an Extension seed grant titled: “*Pickleball for sedentary mid-life adults in rural Utah.*” Utah State University Extension: \$29,741 USD.

**Vierimaa, M.**, & Dorsch, T. E. (2018, January). Co-Principal Investigator on a research contract titled: “*Park City Youth Sport Community Assessment.*” Utah Olympic Park and Park City Sport and Wellness Coalition: \$2,500 USD.

Evans, M. B., **Vierimaa, M.**, & Vella, S. (2018, May). Co-Investigator on a research grant titled: “*Team talk: Developing and evaluating a peer-based mental health intervention in youth lacrosse.*” US Lacrosse Center for Sport Science: \$29,916 USD.

### ***Not Funded***

**Vierimaa, M., & Dorsch, T. E.** (2019, January). Principal Investigator on an Advanced Research Grant titled: “*Examining Olympic legacies: Infrastructure, policy, and the practice of youth sport.*” International Olympic Committee – Olympic Studies Centre: \$19,937 USD (not funded).

**Vierimaa, M., Thompson, B., Bolton, D., Dakin, C., & Barrett, T.** (2019, February). Co-Principal Investigator on a NIH R21 Grant titled: “*Efficacy of a novel sport-based intervention on health indicators and adherence of mid-life adults.*” National Institutes of Health: \$391,457 USD (not funded).

**Vierimaa, M., Thompson, B., Bolton, D., Dakin, C., Sulzer, S., & Barrett, T.** (2019, March). Principal Investigator on a UAES Seed Grant titled: “*Pickleball: A sport-based health intervention for inactive older adults.*” Utah Agriculture Experiment Station: \$78,882 USD (not funded).

### **Awards and Scholarships**

- |           |   |
|-----------|---|
| 2013-2016 | Social Sciences and Humanities Research Council Joseph-Armand Bombardier CGS Doctoral Scholarship: \$105,000 CAD. |
| 2012      | Ontario Graduate Scholarship: \$15,000 CAD.   |
| 2011      | Social Sciences and Humanities Research Council Joseph-Armand Bombardier CGS Masters Scholarship: \$17,500 CAD.   |

## **TEACHING**

### **Classroom Instruction**

KINE 3683 (W 2022)  
Applied Sport Psychology  
Acadia University, Wolfville, NS

KINE 3153 (W 2020, F 2020, W 2022)  
The Development of Sport Expertise  
Acadia University, Wolfville, NS

KINE 2253 (W 2020, W2021 [virtual])  
Sociological Aspects of Physical Activity and Sport  
Acadia University, Wolfville, NS

KINE 4593 (F 2020 [virtual])  
Positive Youth Development in Sport and Physical Activity  
Acadia University, Wolfville, NS

PEP/PSY 4000 (F 2016, S 2017, F 2017, S 2018, F 2018, S 2019)  
Mental Aspects of Sport Performance  
Utah State University, Logan, UT

PEP 6050 (F 2018 [virtual])  
Applied Psychological Aspects of Sport Performance  
Utah State University, Logan, UT

USU 1010 (F 2018)  
University Connections  
Utah State University, Logan, UT

HLTH 252 (S 2016)  
Introduction to Research Methods (co-taught with Ian Cowburn)  
Queen's University, Kingston, ON, Canada

KNPE 203 (F 2015)  
The Art and Science of Coaching (co-taught with Jennifer Turnnidge)  
Queen's University, Kingston, ON, Canada

KNPE 465 (F 2013)  
Psychology of Sport Expertise (co-taught with Jennifer Turnnidge)  
Queen's University, Kingston, ON, Canada

### **Invited Academic Lectures**

*Coaching and mental skills training*  
KINE 2133 – Introduction to Coaching  
Acadia University, Wolfville, NS (February 2020)

*Reviewing Sport Research using Citation Network Analysis*  
KHS 864 – Advanced Topics in Sport Psychology  
Queen's University, Kingston, ON (November 2019)

*Norwich: One Tiny Vermont Town's Secret to Happiness and Excellence*  
Honors Book Lab  
Utah State University, Logan, UT (January 2019)

*The Sports Gene*  
Honors Book Lab  
Utah State University, Logan, UT (September-October 2017)

*Introduction to research in sport psychology.*  
PEP 2000: Introduction and History of Physical Education.  
Utah State University, Logan, UT (November 2016; April 2017; November 2017; April 2018)

*Coach-created motivational climates and behavioral observation.*  
 PEP 5200: Human Motivation in Physical Activity Contexts.  
 Utah State University. Logan, UT (October 2016)

*Behavioral observation: the state space grid method*  
 KNPE 465: Psychology of Sport Expertise  
 Queen's University. Kingston, ON, Canada (November 2015; February 2015)

*Qualitative research methods*  
 KNPE 465: Psychology of Sport Expertise  
 Queen's University. Kingston, ON, Canada (October 2015)

*Youth sport coaching*  
 PACT 403: Intensive Coaching Internship  
 Queen's University. Kingston, ON, Canada (March 2015)

*The development of sport expertise*  
 KNPE 265: Psychology of Sport and Exercise  
 Queen's University. Kingston, ON, Canada (October 2014)

## **STUDENT MENTORING**

### **Honours Student Supervision (KINE 4996)**

Stephanie Goodwin (2021-2022) Thesis titled "*Aerobic versus resistance training to treat depressive symptoms in dementia patients.*"

Anna Brogan (2021-2022) Thesis titled "*Sport specialization in disability sport: A retrospective narrative approach.*"

Kayla Snow (2020-2021) Thesis titled "*Understanding the relationship between participation in organized sport and self-efficacy in pediatric cancer survivors.*"

### **Directed Reading Student Supervision (KINE 3883)**

Nicole Silver (Fall 2021)  
 Juan Jose Guzman Daza (Fall 2021)  
 Anna Brogan (Winter 2021)  
 Stephanie Goodwin (Winter 2021)  
 Madison Prosser (Winter 2021)

### **MSc Student Supervision**

Ross Budziszewski – Kinesiology and Health Science, Utah State University. (2017-2019)  
Thesis titled: *“Get Tough!”: A Case Study on the Development of the Sport Ethic in Youth Lacrosse*

### **Graduate Students – External Examiner**

Ben Rittenberg – MSc, Kinesiology, Dalhousie University (2022-2023)

Christopher Haddad – Master of Physical Education, School of Human Kinetics & Recreation, Memorial University (2020)

### **Undergraduate Research Assistant Supervision**

Marcus Myers – Psychology, Utah State University (2017-2019)

Maggie Richey – Social Work, Utah State University (2018-2019)

Jaxson Webb – Psychology, Utah State University (2018-2019)

Emily Cooley – Psychology, Utah State University (2017-2018)

Aaron Newhall – Psychology, Utah State University (2017-2018)

Katelin Wadsworth – Kinesiology and Health Science, Utah State University (2016-2017)

Kyle Black – Kinesiology and Health Science, Utah State University (2016-2017)

### **Student Grant Supervision**

Guzman Daza, J. J. (May 2022). Sponsoring faculty on an Honours Summer Research Award application titled: *Social support and motivation for physical activity in university students*. Acadia University Research Office: Funded, \$5271 CAD.

Goodwin, S. (March 2021). Sponsoring faculty on an Honours Summer Research Award application titled: *Aerobic versus resistance training to treat depressive symptoms in dementia patients*. Acadia University Research Office: Funded, \$5400 CAD.

Brogan, A. E. (March 2021). Sponsoring faculty on an Honours Summer Research Award application titled: *Youth sport specialization in disability sport: A retrospective narrative approach*. Acadia University Research Office: Not funded, \$5400 CAD.

Warner, J. (June 2019) Sponsoring faculty on an URCO Grant titled: *Why Pickleball? Understanding older adults’ motives for participating in a small court racquet sport*. USU Office of Research: Not funded, \$499 USD.

Budziszewski, R. (June 2018) Sponsoring faculty on a GRCO Grant titled: *Helping youth to “thrive”: Exploring the role of organized sport on contribution*. USU Office of Research and Graduate Studies: Not funded, \$1,000 USD.

Myers, M. (October 2017) Sponsoring faculty on an URCO Grant titled: *Mental health and the freshman student-athlete transition*. USU Office of Research and Graduate Studies: Not funded, \$1,000 USD.



Budziszewski, R. (June 2017) Sponsoring faculty on a GRCO Grant titled: *Moral disengagement during injury evaluations in NCAA athletic trainers*. USU Office of Research and Graduate Studies: Funded, \$1,000 USD.

Budziszewski, R. (May 2017) Sponsoring faculty on a Graduate Student Research Grant titled: *Moral disengagement during injury evaluations in NCAA athletic trainers*. National Collegiate Athletic Association (NCAA): Not funded, \$7,500 USD.

## **PROFESSIONAL ACTIVITY**

### **Affiliations**

Canadian Society for Psychomotor Learning and Sport Psychology (2010-2016; 2021-present)

North American Society for the Psychology of Sport and Physical Activity (2011-2021)

Association for Applied Sport Psychology (2016-2019)

### **Professional**

Ad Hoc Reviewer

Sport in Society  
 Journal of Applied Sport Psychology  
 Psychology of Sport and Exercise  
 Sport, Exercise, and Performance Psychology  
 Qualitative Research in Sport, Exercise, and Health  
 International Journal of Sport Science and Coaching  
 International Review of Sport and Exercise Psychology  
 International Sport Coaching Journal  
 The Sport Psychologist  
 Journal of Sport Sciences  
 SAGE Open  
 Canadian Journal for the Study of Adult Education  
 Journal of Amateur Sport  
 Journal of Sport for Development  
 International Journal of Exercise Science  
 International Journal of Sport Psychology  
 Journal of Coaching Education

Article Editor

SAGE Open

Committee Member

Canadian Society for Psychomotor Learning and Sport Psychology – Nominating Committee (2022-present)

Committee Member

Association for Applied Sport Psychology – Doctoral Dissertation Award Review Committee (2019-present)

Abstract Referee

Association for Applied Sport Psychology – Annual Conference (2017, 2018, 2019)

Research Advisor

Live Like Sam (livelikesam.org) – Advisory Board (2019-2021)

Committee Member

U.S. Center for Coaching Excellence – Education Committee for Resource Development (2018)

Affiliate Steering Board Member

SportRxiv (2017-2018)

**University**

Senate Research Committee (2021-present)

Acadia University, Wolfville, NS

School of Kinesiology Faculty Council (2019-present)

Acadia University, Wolfville, NS

Faculty of Professional Studies Faculty Council (2019-present)

Acadia University, Wolfville, NS

School of Kinesiology MAK Development Working Group – Coaching Stream (2019-present)

Acadia University, Wolfville, NS

Committee Member (2019)

Aggie First Scholars Faculty Advisory Committee  
Utah State University, Logan, Utah

Admissions Reviewer (2019)

USU Honors Program  
Utah State University, Logan, Utah

Faculty Advisor (2017-2019)

USUSA Running Club  
Utah State University, Logan, Utah

Reviewer (2017-2018)  
URCO and GRCO grant submissions  
Utah State University, Logan, Utah

Reviewer (2017)  
Student Research Symposium  
Utah State University, Logan, Utah

Abstract Reviewer (2016)  
Fall Undergraduate Research Symposium  
Utah State University, Logan, Utah