

TIMOTHY A. HAMEL
Department of Kinesiology
California State University, Fresno
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OBJECTIVE: Educate students in the field of Kinesiology with emphasis in pedagogy and sport psychology

EDUCATION: Masters of Science in Kinesiology/Health Promotion Fall 1999
Area of focus: Sport and Exercise Psychology
California State University, Fullerton, Fullerton, CA

Bachelors of Art in Psychology Fall 1995
California State University, Fresno, Fresno, CA

EXPERIENCE:

Lecturer Fall 2001- Present

California State University, Fresno

Kinesiology 20 - Fitness development

Kinesiology 31 - Introduction to Kinesiology: Historical perspectives

Kinesiology 32 - Lifetime Fitness and Wellness

Kinesiology 33 - Foundations of Sport and Exercise Psychology

Kinesiology 113 - Physical Growth and Development

Kinesiology 120 - Planning Strategies for Physical Educators

Kinesiology 122 - Nontraditional Games and Outdoor Education

Kinesiology 144 - Field Experience in Physical Education

Kinesiology 152 - Physical Education for Children

Education and Human Development 155B – Student Teaching In

Secondary Schools

Kinesiology 180T – On-line course: Social and Political Influences on the Modern

Olympic Games

Physical Education Option Coordinator – Department of Kinesiology, Fall 2006 - 2010
CSU, Fresno

Associate Director Summer 2002

California State University, Fresno

Bulldog Summer Activity Program

Instructor Fall 1998 - 2001

California State University, Fullerton

Kinesiology/Health Science 342 - Stress Management

Instructor

Fullerton Community College

Fall 2000/Spring 2001

Physical Education 248 - Psychology of Sport

Physical Education 147- Relaxation and Flexibility

Athletic Academic Advisor

1996-1997/ 2000

California State University, Fullerton

Monitor and advise student-athletes in academic and

NCAA regulations

Tim Hamel

- Instructor** 1996-1998/ 2000
California State University, Fullerton
Kinesiology activity courses: Weight
Training, Fitness Walking, Jogging and Racquetball
- Health Education Specialist** 1998-2000
Coordinated School Health
Instruct adolescents on life skills and health-
related topics, such as Communication, Anger, Stress
Management, HIV/AIDS, Study Skills, Nutrition and
Community/Team Cohesion Strategies
- Assistant Director** Summer 1999
Coordinated School Health Soccer Camp
Developed and implemented numerous agility
and fitness components of soccer for elementary
children
- American Home Health and Hospice Volunteer** 1998
American Home Health and Hospice, Santa Ana, CA
Received training and certification for hospice
- Elementary Health Specialist** 1995-1997
Coordinated School Health Services, Redondo
Beach, CA
Implemented cardiovascular fitness courses for elementary
children

PUBLICATIONS

- Gilbert, W., & Hamel, T. Enhancing Coach-Parent Relationships in Youth Sports: January 2011
Increasing Harmony and Minimizing Hassle: A commentary. *International Journal of Sports
Science and Coaching*.
- Hamel, T., & Gilbert, W. Holism in sports coaching: Beyond October 2010
humanistic psychology: A commentary. *International Journal of Sports
Science & Coaching*.
- Hansen, B., Gilbert, W., & Hamel. October 2003
“Successful Coaches’ Views on Motivation and Motivational Strategies”
Journal of Physical Education, Recreation and Dance
Volume 74, Issue 8
- “Pre-season Ideas for Creating Team Unity” September, 2003
On-line publication
www.pelinks4u.org
Volume 5, Issue 7

RESEARCH GRANTS and AWARDS:

- 2010 California State University, Fresno, College of Health and Human Services, Faculty Research and Creative Activity Support Funds (\$1,250)
- 2010 - 2011 Campus Advisors Network Outstanding advisor award nominee
- 2009 Faculty Recognition Program – Outstanding service to the Department of Kinesiology
- 2008 - 2009 Campus Advisors Network Outstanding advisor award nominee

SPORT PSYCHOLOGY CONSULTANTING SERVICES

Function as a consultant to athletic teams, individuals, and student-athlete's psychological strategies designed to enhance performance both on and off the field.

- Jason Meyers – Two-time World of Outlaws World Champion 2009 - Current
- California State University, Fresno 2004
Men's Golf Team
- California State University, Fresno 2004
Men's Track and Field
- Fresno City College 2003
Women's Softball Team
- California State University, Fresno 2002
Men's Baseball Team
- California State University, Fresno 2001- 2002
Women's Swimming and Diving Team
- Fullerton Community College Football Team Fall 2000
- Santa Ana Community College Baseball Team 1998 &1999
- Anaheim Angels Baseball Club Summers 1997-1999
Lake Elsinore Storm
- California State University, Fullerton Softball Team 1996-1997
- Los Angeles Harbor Community College Baseball Team 1995-1996
- Diamond Bar High School 1994-1995
Varsity Baseball Team

GRADUATE ASSISTANTSHIPS:

- Ruby Gerontology Center, Life Span and Wellness Clinic, 1996-1998
Senior Fitness Class, CSU, Fullerton
Supervision of the physical, psychological and biomechanical monitoring of gerontology subjects involved in cardiovascular and strength training programs

Tim Hamel

Ruby Gerontology Center, Center for Successful Aging,
Balance and Mobility Class, CSU, Fullerton
Monitored and assisted gerontology subjects in the balance and
mobility class, California State University, Fullerton
1995-1997

Graduate Assistant for Dr. Ken Ravizza in Kinesiology 430,
Applied Sport Psychology, Kinesiology 342, Stress Management,
Kinesiology 380, History and Philosophy of Human Movement,
Kinesiology 250, Mental Skills for Athletes
1995-1998

PROFESSIONAL AFFILIATIONS:

City of Fresno Mayor's Fitness Council
Higher Education Board Member
2003- 2005

California Alliance for Health, Physical Education Recreation
and Dance
Section Chair for Professional Development
Spring 2002-Present

American Alliance for Health, Physical Education, Recreation
and Dance
Spring 2002– Present

Fresno Alliance for Physical Education and Athletics
Fall 2001 - Present

Toastmasters International
Former President of CSU, Fullerton Titan Toastmasters
Fall 2000 – Spring 2001

Member of the Association for the Advancement of
Applied Sport Psychology
1995- 2005

Member of the International Stress Management
Association-U.S.A
Summer 2000

President of the Mental Skills Training Organization
Organized and developed the 1996 Southwest Sport
Psychology Student Symposium
1996-1999

Southern California Regional Student
Representative for the Association for the Advancement of Applied
Sport Psychology
1996-1997

Los Angeles Sport Psychology Network
Charter member of area sport psychology group
1998-1999

SCHOLARLY ACTIVITIES:

Research assistant to Dr. Ronald Witchey, CSU, Fullerton
1997- 1999

Peer Debriefing to Miss Heidi Ford on Master's Thesis
"Male Coaches Perspectives on Coaching Female Athletes
Fall 1999

Tim Hamel

Peer Debriefing to Jeff Kress, Ph.D. on Doctoral Dissertation
"Association and Disassociation in Former Elite Cyclists" December 1998

PROFESSIONAL PRESENTATIONS:

Elite coaching effectiveness in action: A mid-season review (Emmett, M., Ferrante, N., Gilbert, W., & Hamel, T.). Association for Applied Sport Psychology, Honolulu, HI, September 2011

Effective coaching in action: Case study of a successful elite basketball coach. May 2011
(W. Gilbert & T. Hamel). College of Health and Human Services Research and Creative Activities Showcase (Fresno).

Elite coaching effectiveness in action – Parts I and II (Ferrante, N., Emmett, M., Gilbert, W. & Hamel, T.) Department of Graduate Studies, California State University, Fresno May 2011

Elite coaching effectiveness in action (Ferrante, N., Emmett, M., Gilbert, W., & Hamel, T.). 32nd annual Central California Research Symposium (Fresno). April 2011

Professional free-style motocross athletes' perceptions about and uses of sport psychology (Chamberlain, S., Gilbert, J.N., Gilbert, W., & Hamel, T.) October 2010
Association for Applied Sport Psychology conference, Providence, RI.

"Stress Management for Student-Athletes" February 2005
California State University, Fresno
Fresno, California

"A Pilot Program for Undergraduate Kinesiology Students" March 2005
California Association for Health, Physical Education, Recreation
And Dance
CAHPERD State Conference, Monterey, California

"Developing Staff Cohesiveness Through Portable Challenge Course" July 2005
IDEA Health & Fitness Association World Fitness Convention

"Successful Coaches Views on Motivation and Motivational Strategies" October 2003
Association for the Advancement of Applied Sport Psychology
National Convention, Philadelphia, Pennsylvania

"Young Professionals Panel: Issues Facing Individuals Considering an Academic Career" October 2002
Association for the Advancement of Applied Sport Psychology
National Convention, Tucson, Arizona

"The Role of a Sport Psychology Consultant" December 2002
Fresno State University Fall Track and Field Clinic
Fresno, California

"Attentional Control, Motivation and Self-Confidence" January 2002
USA Track and Field National Pole Vault Summit
Reno, Nevada

Tim Hamel

“Sport Psychology at Fresno State” Fresno State Fall Track and Field Clinic Fresno, California	December 2001
“Views on Consultant Gender Differences when Consulting with Female Division I Athletes” Bay Area Sport Psychology Fall Conference St. Mary’s College Moraga, California	September 2001
"Stress and Anger Management Workshop" Orange County Conservation Corps Anaheim, California	January 2001
"Stress management for Students CSU, Fullerton Student Leadership Program CSU, Fullerton, California	Fall 2000 and Spring 2001
"Mental Skills Used by Firefighters" Western Sport and Exercise Symposium University of Southern California Los Angeles, California	April 2000
"Imagery and Peak Experience" Chapman University Orange, California	April 2000/2001
"Applied Sport Psychology: the Real View" Chapman University Orange, California	September 1999
"Occupational Stressors" Hoag Memorial Hospital Nursing Education Program	January 1999
“A Qualitative Investigation on the Mental Aspects Associated With Professional Cross Country Mountain Bike Racing” Association for the Advancement of Applied Sport Psychology National Convention, Cape Cod, MA	September 1998
“A Season in the Dugout: A Graduate Students Consulting Experience with A Community College Baseball Team Southwest Student Sport and Exercise Psychology Conference, University of Utah, Salt Lake City, Utah	April 1998
“The Use of a Portable Challenge Course to Develop Team Cohesion in Division I Athletics,” Association for the Advancement of Applied Sport Psychology National Convention, San Diego, California	September 1997
“Stress Management and the Elderly,” Alhambra Senior Assisted Living Complex	January 1997

Tim Hamel

Japanese Athletic Training Tour Program
California State University, Long Beach
Topic: Mental Skills Training
July 1995/1997 - 2000

“Creative Aspects in Applied Sport Psychology,”
Southwest Region Student Sport Psychology Symposium,
CSU, Fullerton, Fullerton, California
April 1996

Japan Institute of Sports Education & Management
at The University of California at Los Angeles
Topic: Mental Skills Training
September 1995

“Internships in Applied Sport Psychology,”
Southwest Region of Sport Psychology Conference,
University of Arizona, Tucson, Arizona
April 1995

RECENT MEDIA INVOLVEMENT

KSEE 24 News Fresno with Jobin Paniker
<http://www.ksee24.com/news/local/Bulldog-Blues--133850778.html>
November 2011

World of Outlaws: Interview with Jason Meyers
<http://vimeo.com/30223549>
September 2011

KSEE 24 News Fresno with Jobin Paniker
<http://www.ksee24.com/news/local/Sports-Violence---JPA-119428399.html>
April 2011

UPCOMING PRESENTATIONS

California Association for Health, Physical Education, Recreation and Dance (CAHPERD) State
Conference
February 2012, Pasadena, CA. ‘Elite coaching at the Division I Level’

POTENTIAL BOARD OF DIRECTORS POSITION

2012 – 2013 Nominated Vice-President Elect, Boys & Men’s Athletics
Voting to be held at CAHPERD State Conference, February 2012