

Takahiro Sato, Ph.D.

Curriculum Vitae

(Last updated: February 1, 2017)

PERSONAL INFORMATION

Office: Western New Mexico University
School of Allied Health
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EDUCATION

Doctor of Philosophy May 2011
University of Tennessee, Knoxville, TN, USA
Major: Kinesiology and Sport Studies
Specialization: Sport Psychology and Motor Behavior
Dissertation Title: *Kenshi's experience of kendo: A phenomenological investigation*
Chair: Craig Wrisberg, Ph.D.

Master of Science July 2006
Western Illinois University, Macomb, IL, USA
Major: Kinesiology
Specialization: Sport Psychology
Thesis Title: *The talent development of North American professional baseball players*
Chair: Laura Finch, Ph.D.

Bachelor of Arts March 1998
Keio University, Tokyo, Japan
Major: Business and Commerce

PROFESSIONAL EXPERIENCES IN ACADEMIA

Assistant Professor (Tenure-track) August 2012 - Present
Western New Mexico University
School of Allied Health

Graduate Teaching Assistant August 2008 - May 2012
University of Tennessee, Knoxville
Department of Modern Foreign Languages and Literatures

Graduate Teaching Associate August 2006 - May 2008
University of Tennessee, Knoxville
Department of Kinesiology, Recreation, and Sport Studies

TEACHING EXPERIENCES

Graduate Course

Western New Mexico University
School of Allied Health
KINS 504: Psychology of Injury (Created)

Undergraduate Courses

Western New Mexico University
School of Allied Health
KINS 201: Introduction to Kinesiology
KINS 300: Nutrition/Diet Therapy (Face-to-face; Online; Lecture capture)
KINS 400: Motor Behavior (Face-to-face; Online)
KINS 404: Psychology of Injury (Created; Lecture capture)
KINS 412: Skill Acquisition Across Lifespan (Created; Lecture capture)
KINS 440 & 442: Exercise Prescription for Special Populations and Lab
KINS 441 & 443: Principles of Conditioning and Lab
KINS 481: Internship in Kinesiology (Supervising)
KINS 485: Independent Study
PSY 445: Psychology of Sport and Exercise

University of Tennessee
Department of Modern Foreign Languages and Literatures
JAPA 151: Elementary Japanese I
JAPA 152: Elementary Japanese II
JAPA 251: Intermediate Japanese I
JAPA 252: Intermediate Japanese II

University of Tennessee
Department of Kinesiology, Recreation, and Sport Studies
SS 231: Introduction to Sport and Exercise Psychology
PE 206: Bowling
PE 236: Softball

PUBLICATIONS

Manuscript under Revision

Sato, T., & Laughlin, D. D. Integrating Kolb's Experiential Learning Theory into a sport psychology classroom using a golf-putting activity. (Submitted to *Journal of Sport Psychology in Action*).

Manuscripts in Preparation

Sato, T., & Wrisberg, C. A. Soul, sword, and body: A phenomenological investigation of kenshi's experience of kendo. (Invited to resubmit to *Qualitative Research in Sport, Exercise, and Health*).

Sato, T. Psychological interventions with kenshi. (Targeted journal: *Journal of Sport Psychology in Action*).

PRESENTATIONS

Refereed Presentations

Sato, T., Iwasaki, S., & Narvaez, M. (2016, October). *Exploration of effects of a six-week exercise program on senior citizens' wellbeing*. Poster presented at the annual conference of Southwest Chapter of the American College of Sports Medicine (SWACSM), Costa Mesa, CA.

Laughlin, D. D., & **Sato, T.** (2016, September). *Integrating KanJam competition into the sport psychology classroom*. Poster presented at the annual conference of Association for Applied Sport Psychology (AASP), Phoenix, AZ.

Sato, T. (2015, October). *Integrating golf putting activities into the sport psychology classroom*. Poster presented at the annual conference of Association for Applied Sport Psychology (AASP), Indianapolis, IN.

Jimenez, E., Hernandez, J., **Sato, T.**, & Narvaez, M. (2015, October). *Changes in daily physical activity and fitness levels of bank personnel after a 4-month fitness program*. Poster presented at the annual conference of Southwest Chapter of the American College of Sports Medicine (SWACSM), Costa Mesa, CA.

Wicker, C., **Sato, T.**, Netz, C., Molano, M., & Narvaez, M. (2014, October). *"Get Fit Seniors," a service learning experience in kinesiology*. Poster presented at the annual conference of Southwest Chapter of American College of Sports Medicine (SWACSM), Costa Mesa, CA.

Sato, T. (2012, October). *Psychological interventions for kenshi to prepare for the All United States Kendo Championship*. Poster presented at the annual conference of the Association for Applied Sport Psychology (AASP), Atlanta, GA.

Sato, T. (2010, October). *A phenomenological investigation of kenshi's experiences of kendo*. Paper presented at the annual conference of the Association for Applied Sport Psychology (AASP), Providence, RI.

Sato, T. (2009, September). *Inner achievement with a sword: Sport psychology consulting for kendo*. Paper presented at the annual conference of the Association for Applied Sport Psychology (AASP), Salt Lake City, UT.

Sato, T. (2008, September). *Psychological challenges and strategies of survival of a gyoja during kaihogyo*. Poster presented at the annual conference of the Association for Applied Sport Psychology (AASP), St. Louis, MO.

Sato, T. (2008, February). *The mental component of kendo*. Paper presented at the Association for Applied Sport Psychology (AASP) Southeast Student Regional Conference, Statesboro, GA.

Sato, T., & Finch, L. (2006, September). *Talent development of professional baseball players*. Poster presented at the annual conference of the Association for Applied Sport Psychology (AASP), Miami, FL.

Sato, T. (2006, March). *Talent development of professional baseball players*. Poster presented at the Annual Graduate Student Colloquium in School of Education, Health, Human Sciences of the University of Tennessee, Knoxville, TN.

Sato, T. (2005, February). *Talent development of former professional baseball players*. Paper presented at the Midwest Sport & Exercise Psychology Symposium in Michigan State University, East Lansing, MI.

Non-Referred Presentations

Sato, T., Rooks, C., Narvaez, M., Finch, D., Ping, L., Jenkins, B., & Stanley, K. (2017, January). *School of Allied Health: Closing the Loop*. Paper presented at the 14th Annual WNMU Assessment Convocation at Western New Mexico University, Silver City, NM.

Sato, T., & Narvaez, M. (2016, March). *Implementation of new WNMU core competencies in the kinesiology program*. Paper presented at the 13th Annual WNMU Assessment Convocation at Western New Mexico University, Silver City, NM.

Sato, T., & Jost, M. (2015, April). *Effective use of student course evaluation: An examination of recent experimental and data-based studies*. Paper presented at the 12th Annual WNMU Assessment Convocation at Western New Mexico University, Silver City, NM.

Sato, T., & Narvaez, M. (2014, April). *Golf putting in the kinesiology classroom*. Paper presented at the 11th Annual WNMU Assessment Convocation at Western New Mexico University, Silver City, NM.

Narvaez, M., & **Sato, T.** (2014, April). *Results of the "Get Fit Seniors Program."* Paper presented at the 11th Annual WNMU Assessment Convocation at Western New Mexico University, Silver City, NM.

Sato, T. (2013, April). *Psychological interventions for kenshi to prepare for the All United States Kendo Championship*. Poster presented at the 8th Annual Academic and Research Symposium and Career Fair at Western New Mexico University, Silver City, NM.

Narvaez, M., & **Sato, T.** (2013, March). *Redefining kinesiology through its outreach programs*. Paper presented at the 10th Annual WNMU Assessment Convocation at Western New Mexico University, Silver City, NM.

Invited Lectures

Sato, T. (2009). *Sport culture in Japan*. Presentation invited by Dr. Lars Dzikus to the course Sport Studies 595: History and Sociology of International Sport offered in the Department of Kinesiology, Recreation, and Sport Studies at the University of Tennessee.

Sato, T. (2007). *Japanese baseball and culture*. Presentation invited by Dr. Adam Love to the course Sport Studies 335: Socio-Cultural Foundations of Sport and Leisure offered in the Department of Kinesiology, Recreation, and Sport Studies at the University of Tennessee.

Invited Presentations

Narvaez, M., & **Sato, T.** (2016, April). *Exercise program and thera band exercise demonstration*. Presented at Caregiver Refresher Program Session 5: Exercise Program at WNMU School of Nursing, Silver City, NM.

Sato, T., & Narvaez, M. (2015, October). *The effect of a six-week exercise intervention on the physical and psychological wellbeing of senior citizens*. Presented at WNMU Research and Writing Across the Curriculum.

Sato, T. (2015, April). *Nutrition: It's our decision*. Presented at WNMU the Annual Occupational Therapy Program Health Fair, Silver City, NM.

Narvaez, M., & **Sato, T.** (2015, March). *Exercise program and thera band exercise demonstration*. Presented at Caregiver Refresher Program Session 4: Exercise Program at WNMU School of Nursing, Silver City, NM.

Narvaez, M., & **Sato, T.** (2014, February). *Exercise program and thera band exercise demonstration*. Presented at Caregiver Refresher Program Session 4: Exercise Program at WNMU School of Nursing, Silver City, NM.

Sato, T. (2013, May). *Japanese culture and traditional activities*. Presented for third grade students at Harrison Schmitt Elementary School, Silver City, NM.

Sato, T., & Eda, S. (2012, May). *Presentation and demonstration of kendo*. Presented for second grade students at West Hills Elementary School, Knoxville, TN.

Meisterjahn, R. J., Holmberg, B. A., & **Sato, T.** (2012, March). *Introduction to mental training*. Workshop conducted at the University of Tennessee Sports Club Officer Monthly Meeting, Knoxville, TN.

Eda, S., & **Sato, T.** (2012, February). *Kendo history and demonstration of kendo performance*. Presented at the Japanese Culture Night at University of Tennessee, Knoxville, TN.

Eda, S., & **Sato, T.** (2011, September). *Kendo demonstration*. Presented at Pellissippi State Community College Blount County Campus, Friendsville, TN.

Sato, T. (2011, May). *Presentation and demonstration about chopsticks, origami, and kanji*. Presented for first grade students at West Hills Elementary School, Knoxville, TN.

Sato, T., & Nerland, L. (2010, September). *Presentation and demonstration of kendo*. Presented for first grade students at West Hills Elementary School, Knoxville, TN.

Sato, T. (2009, January). *Japanese Culture*. Presented for pre-school students at Garden Montessori School, Knoxville, TN.

RESEARCH PROJECTS IN PROGRESS

The effects of a 6-week exercise intervention on senior citizens' wellbeing.

Status: The initial phase of the study was presented at a conference while the data has been still collected utilizing the Short Version of Physical Self Description Questionnaire (Marsh, Martin, & Jackson, 2010). Qualitative research method will be conducted.

The effects of autonomy support on senior citizens' motivation to exercise.

Status: IRB has been submitted.

GRANTS

External Grants

Sato, T., & Narvaez, M. (2016). "Get Fit Seniors." Freeport-McMoRan Foundation Community Investment Fund. (\$21,990.00). Not awarded.

Narvaez, M., & **Sato, T.** (2013). "Get Fit Seniors." Freeport-McMoRan Foundation Community Investment Fund. (\$18,232.90). Not awarded.

Sato, T. (2010). Kenshi's experiences of kendo. A grant proposal for Association for Applied Sport Psychology (AASP) (\$885.14). Not awarded.

Internal Grants

Sato, T., & Narvaez, M. (2016). The exam preparation for Certified Strength and Conditioning Specialists (CSCS). Western New Mexico University Professional Development Funds (\$1000.00). Awarded.

Sato, T., & Narvaez, M. (2015). The effect of a 6-week exercise intervention on the physical and psychological wellbeing of senior citizens. Western New Mexico University Faculty Research Grant (\$2499.00). Awarded.

Narvaez, M., & **Sato, T.** (2012). Assessing the validity of a kicking field test for anaerobic power in adult martial artists. Western New Mexico University Faculty Research Grant (\$850.00). Awarded.

AWARDS AND HONORS

Outstanding Faculty Award by Student Athlete Advisory Committee, Western New Mexico University (2016, 2015).

A. W. Hobt Memorial Teaching Award for Excellence in Teaching in the Physical Education Activity Program, University of Tennessee (2007).

PROFESSIONAL SERVICES

Service for an Academic Institution

International Academic Board for School of Sports Organization at Universidad Autónoma de Nuevo León (Monterrey, Mexico)	2017 - Present
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Service for a Professional Organization

International Relations Committee, Association for Applied Sport Psychology (AASP)	2010 - Present
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Abstract Reviewer for AASP Annual Conference	2010 - Present
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University Service at Western New Mexico University

Honors Program Committee	2016 - Present
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Institutional Review Board Committee	2015 - Present
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Assessment Committee	2013 - Present
Chair of the Committee	2016 - Present

Sabbatical Leave and Faculty Awards Committee	2012 - 2013
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Incentive Pay Review Ad Hoc Committee	2013
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Department Service at Western New Mexico University

Search Committee: Occupational Therapy Assistant Program Assistant Professor Positions	2016, 2013
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Search Committee: Executive Assistant to Fieldwork Position	2016
Search Committee: Rehabilitation Services Program Director/Assistant Professor Position	2015
Sponsor Faculty: Kinesiology Club	2013 - Present

Department Service at University of Tennessee

Annual UT Japanese Speech Contest Planning Committee	2009 - 2012
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MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

Association for Applied Sport Psychology (AASP)	2003 - Present
International Society of Sport Psychology (ISSP)	2008 - 2014
Japanese Academy of Budo [Martial Arts]	2008 - Present
Southwest Chapter of American College of Sports Medicine	2013 - Present

CERTIFICATIONS

The NIH Web-based training course “Protecting Human Research Participants”	2014 - Present
Best Practices in Teaching Program (University of Tennessee Graduate School)	2010
Standard First Aid (American Red Cross)	Current
CPR/AED – Adult	Current
CPR – Pediatric	Current
Illinois High School Association Coaching Education Program	2005
Coaching Principles of American Sport Education Program (ASEP)	2005

PERFORMANCE CONSULTING EXPERIENCES

College golfers	2014 - 2016
Professional Mixed Martial Arts fighter	2011
National level <i>kenshi</i> (i.e., kendo practitioner)	2010 - 2011

High school volleyball team	2008
High school baseball players	2006 - 2009

COACHING EXPERIENCES

Private coach: High school baseball players, Maryville, TN	2006 - 2009
Assistant coach: Macomb High School baseball team, Macomb, IL	2004 - 2005
Assistant coach: Little League Baseball Team Elks, Macomb, IL	2004
Visiting coach: Nichinan Gakuen High School baseball team, Japan	1998
Visiting coach: Yonaizawa High School baseball team, Japan	1996