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Current Employment

Program Professor of Applied Research (January 2006 – Present) - Nova Southeastern University, North Miami Beach, FL. Adminstrate and coordinate dissertation and research activities within the Applied Research Center.

Education

- Florida State University-Tallahassee, FL
Degree: Doctor of Philosophy (Fall, 2005)
Major: Educational Psychology
Minor: Measurement and Statistics (Fall, 2003)
- Florida State University-Tallahassee, FL
Degree: Master of Science (Spring, 2002)
Major: Educational Psychology
- University of South Florida-Tampa, FL
Degree: Bachelor of Arts (Fall, 1999)
Major: Psychology

Certification

- Biofeedback Certification Institute of America (BCIA) (2009)

Books

- *Edmonds, W. A., & Tenenbaum, G. (in preparation). Case studies in applied psychophysiology: Neurofeedback and biofeedback treatments for advances in human performance.* Wiley-Blackwell.
- *Edmonds, W. A., & Kennedy, T. D. (under review). A Reference Guide to Basic Research Designs: A Visual Systems Approach to Basic Research Designs in Education and the Social and Behavioral Sciences.* Pearson.

Book Chapters

- *Edmonds, W. A., Johnson, M. B., Tenenbaum, G., & Kamata, A. (in press). Idiographic approaches in sport.* In G. Tenenbaum, R. C. Eklund, & A. Kamata (Eds.), *Handbook of Measurement in Sport and Exercise Psychology.* Human Kinetics: Champaign, IL.

Publications

- Edmonds, W. A., Kennedy, T. D., Hughes, P. A., & Calzada, P. J. (2010). A single-subject investigation of the effects of various biofeedback-assisted breathing patterns on heart rate variability: A practitioner's approach. *Biofeedback*, 37(4).
- Johnson, M. B., Edmonds, W. A., Jain, S., & Cavazos, J. (2009). Analysis of elite swimming performances and their respective between-gender differences over time. *Journal of Quantitative Sport Analysis*, 5(4). Article 2.
- Johnson, M. B., Edmonds, W. A., Jain, S., & Cavazos, J. (in press). Conceptualizing the systemic interplay of athlete development. *International Journal of Sport Psychology*.
- Edmonds, W. A., Tenenbaum, G., Kamata, A., & Johnson, M. B. (2009). The role of collective efficacy in adventure racing teams. *Small Group Research*, 40(2), 163-180.
- Johnson, M. B., Edmonds, W. A., Tenenbaum, G., & Kamata, A. (2009). Determining individual affect-related performance zones (IAPZs): A tutorial. *Journal of Clinical Sports Psychology*, 3, 34-57.
- Edmonds, W. A., Tenenbaum, G., Mann, D. T. Y., Johnson, M. B., & Kamata, A. (2008). The effect of biofeedback training on affective regulation and simulated car-racing performance: A multiple case study analysis. *Journal of Sports Sciences*, 26(7), 761-773.
- Tenenbaum, G., Edmonds, W. A., & Eccles, D. (2008). Emotions, coping strategies, and performance: A conceptual framework for defining affect-related performance zones. *Military Psychology*, 20(S.1), S11-S37.
- Johnson, M. B., Tenenbaum, G., Edmonds, W. A., & Castillo, Y. (2008). A comparison of the developmental experiences of elite and sub-elite swimmers: similar developmental histories can lead to differences in performance level? *Sport, Education, and Society*, 13(4), 453-475.
- Johnson, M. B., Castillo, Y., Sacks, D., Cavazos, J., Edmonds, W. A., & Tenenbaum, G. (2008). "Hard work beats talent until talent decides to work hard": Coaches' perspectives regarding differentiating elite and non-elite swimmers. *International Journal of Sports Science & Coaching*, 3(3), 417-430.
- Johnson, M. B., Edmonds, W. A., Moraes, L. C., Filho, E. S. M., & Tenenbaum, G. (2007). Linking affect and performance of an international level archer: Incorporating an idiosyncratic probabilistic method. *Psychology of Sport and Exercise*, 8, 317-335.
- Johnson, M. B., Edmonds, W. A., Tenenbaum, G., & Kamata, A. (2007). The relationship between affect and performance in competitive intercollegiate tennis: A dynamic conceptualization and application. *Journal of Clinical Sport Psychology*, 1(2), 131-146.

- *Edmonds, W. A., Mann, D. T. Y., Tenenbaum, G., & Janelle, C. (2006). Analysis of affect-related performance zones: An idiographic approach using physiological and introspective data. The Sport Psychologist, 20(1), 40-57.*
- *Johnson, M. B., Tenenbaum, G., & Edmonds, W. A. (2006). Adaptation to emotionally and physically demanding conditions: The role of deliberate practice. High Ability Studies, 17(1), 117-136.*

Grant Writing and Program Evaluation

- *Castro, M., & Edmonds, W. A. (2008 - present). Collaborative Outreach, Assessment and Treatment for Co-Occurring Homeless (COATCH): Program Evaluators. SAMHSA.*
- *Kennedy, T. D., & Edmonds, W. A. (2009). Exploring Factors Related to Emotional Intelligence and Foster Care Recipients in Relation to Real-World "Success." Nova Southeastern University. Quality of Life Grant. Award: \$10,000.*
- *Edmonds, W. A., & Kennedy, T. D. (2008). A single-subject investigation of the effects of various biofeedback-assisted breathing patterns on heart rate variability: A practitioner's approach. Nova Southeastern University. Award: \$10,000.*
- *Edmonds, W.A., & Kennedy, T. (2008). The effects of resonant frequency biofeedback training on blood glucose, HbA_{1C}, and psychosocial indicators in patients with Type 2 diabetes. Nova Southeastern University. Award: \$10,000.*
- *Edmonds, W.A., & Kennedy, T. (2007). U.S. Department of Health and Human Services. Administration for Children & Families. Catholic Charities of the Archdiocese of Miami, Inc, Miami, FL.*
 - *Head Start Program – \$5.6 million (5 Years)*
 - *Early Head Start Program – \$529, 855 annually (5 years)*
- *Edmonds, W.A., Kennedy, T., & Hord, L. (2007). Department of Children and Families. Brief Intervention and Treatment for Elders (BRITE). Catholic Charities of the Archdiocese of Miami, Inc, Miami, FL.*
 - *Brief Intervention and Treatment for Elders – procured \$253,000 annually (5 years)*
- *Edmonds, W.A., & Kennedy, T. (2007). The Gallup Poll Organization. Collaborated with Gallup on survey development and implementation: Research on launching a Performance Based Leadership degree.*

Current Research, Grants, and Evaluation Projects

- Razon, S., *Edmonds, W. A.*, & Tenenbaum, G. (2009). Integrative Treatment for Chronic Pain Utilizing Biofeedback and Imagery. Proposal submitted to the National Institute of Health (NIH). *Florida State University*.
- *Edmonds, W. A.*, Kennedy, T. D., & Sheehan, C. (2009). The Effects of Resonant Frequency Biofeedback Training on Blood Glucose, HbA_{1C}, and Psychosocial Indicators in Patients with Type 2 Diabetes. *Nova Southeastern University*.
- Kennedy, T. D., & *Edmonds, W. A.* (2009). Exploring Factors Related to Emotional Intelligence and Foster Care Recipients in Relation to Real-World "Success." *Nova Southeastern University*. Quality of Life Grant.
- Kennedy, T. D., & *Edmonds, W. A.* (2009). Analysis of Biofeedback on Self-regulatory Mechanisms in Children Diagnosed with Asperger's. *Nova Southeastern University*.

Articles and Books in Preparation or Submitted for Publication

- *Edmonds, W. A.*, Mann, D. T. Y., Johnson, M., & Kennedy, T. D. (2009). Analysis of the Relationship Between Autonomic Functioning and Golf Putting Performance in Expert Golfers. *Nova Southeastern University*.
- Kennedy, T. D., Burnett, K., & *Edmonds, W. A.* (2009). Juvenile crime: A model to predict violent from nonviolent offenders. *Nova Southeastern University*. Article Submitted for Publication.
- Dao, T., Tan, G., *Edmonds, W.A.*, & DeBakery, M.E. The Effects of Resonant Frequency Biofeedback Training on the Self-Regulatory Strategies of Patients Diagnosed with Borderline Personality Disorder. *Veterans Affairs Medical Center*. Article in Preparation.
- Johnson, M. B., Sacks, D., & *Edmonds, W.A.* Counseling Athletes Who [Ab]Use Performance Enhancing Drugs. *Georgia Highlands College*. Article Submitted for Publication.
- Johnson, M. B., *Edmonds, W.A.*, & Jain, S. Do More Opportunities Translate into Improvements at the Elite Level of Athletics? *Georgia Highlands College*. Article Submitted for Publication.

Presentations

- Johnson, M. B., *Edmonds, W. A.*, Jain, S., & Cavazos, J. (2008). *Conceptualizing the systemic interplay of athlete development*. Poster presentation at the meeting of the Association for Applied Sport Psychology, St. Louis, MO.
- Johnson, M. B., *Edmonds, W. A.*, Jain, S., & Cavazos, J. (2008). *Genetics as a factor in elite athletic development and performance*. Poster presentation at the meeting of the Association for Applied Sport Psychology, St. Louis, MO.

- Johnson, M., & Edmonds, W.A. (2007). *Determining Individual Affect-related Performance Zones: A Tutorial*. Presented at the annual conference of the American Psychological Association (Division 47), San Francisco, CA.
- Edmonds, W.A. (2006). *The Effect of Mental Training with Biofeedback on Entering Optimal Affect-related Performance Zones*. Presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Miami, FL.
- Edmonds, W.A., & Tenenbaum, G. (2006). *The Effect of Mental Training with Biofeedback on Entering Optimal Affect-related Performance Zones*. Presented at the annual conference of the American Psychological Association (Division 47), New Orleans, LA.
- Edmonds, W.A. (2005). *New Approaches in the Study and Application of Attaining and Sustaining Expertise*. Presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Vancouver, CA.
- Edmonds, W.A., Mann, D.T.Y, Tenenbaum, & G., Janelle, C. (June, 2005). *Analysis of Affect-related Performance Zones: An Idiographic Approach using Physiological and Introspective Data*. Presented at the annual conference of the North American Society of Psychology for Sport and Physical Activity, St. Petersburg, FL.
- Derek T.Y. Mann, W. Alex Edmonds, Rob T. Barnes, Melanie B. Mousseau, & Christopher M. Janelle (Fall, 2004). *Arousal, Self-Efficacy, and Performance: A Prospective Analysis of Competitive Marksmen*. Presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Minnesota, MI.
- Melanie B. Mousseau, Derek T.Y. Mann, W. Alex Edmonds, & Christopher M. Janelle. (Summer, 2004). *The perception, recognition, and manifestation of cognitive fatigue in a simulated racing task*. Presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Minnesota, MN.
- Edmonds, W.A. (2003). *Cognitions and Emotions during Intercollegiate Tennis Matches*. Presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Pennsylvania, PA.
- Edmonds, W. A., & Ormsby, P. (2001). *A Good Theory is the Most Practical Tool in Sport Psychology- A Series of Applied Simulations*. Presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Orlando, FL.
- Guest lecturer (2001-2005)- Discuss and demonstrate operations using biofeedback technology in Stress and Motor Performance class and Sport Psychology Seminars. *Florida State University*.

Biofeedback Training and Workshops

Biofeedback Certification Institute of America (BCIA) (2009). Clinical Training and Mentoring for BCIA Certification. Mentor: Philip A. Hughs, PhD, BCIAC.

Heart Rate Variability and Biofeedback Workshop (May, 2008). Practical and Clinical Applications. Facilitators: Paul M. Lehrer, PhD, and Richard Gevirtz, PhD.

5-day Professional Biofeedback Workshop Program (November, 2005, 2007). Certification for Utilizing Biofeedback with Clinical Populations. Facilitator: Philip A. Hughes, PhD, BCIAC

Thought Technology Workshop (April, 2005). Training with Biograph Infiniti Biofeedback Applications. Tampa, FL

Teaching Experience

Instructor, *Methods of Inquiry* (Summer, 2006 – Present). Nova Southeastern University

- Delivered lessons to prepare prospective doctoral education students in activities such as research methods, statistics, program evaluation, and assessment. Platform: *WebCT*

Instructor, *Statistical Methods* (Winter, 2006 – Present). Nova Southeastern University

- Delivered lessons to prepare prospective doctoral education students in activities such as descriptive and inferential statistics, the evaluation of validity and reliability in regard to data outcomes. Platform: *WebCT*

Instructor, *Measurement, Testing, and Assessment* (Spring, 2006). Nova Southeastern University

- Delivered lessons to prepare prospective doctoral education students in activities such as test construction, the evaluation of test scores and issues related to validity and reliability. Platform: *WebCT*.

Instructor, *Classroom Assessment* (Spring, 2003 – Spring 2005) Florida State University-Tallahassee, FL (Spring, Fall, and Summer terms)

- Delivered lessons to prepare prospective elementary and secondary education students in activities such as grading, test construction, the evaluation of test scores and issues related to validity and reliability. *Blackboard* was used as a supplement to class.

Instructor, *Sport Psychology* (Spring, 2004) Florida State University – Tallahassee, FL

- Delivered lesson plans to university students and student-athletes covering topics in the field of sport psychology (e.g., goal-setting, leadership, self-regulation etc).

Instructor, Introduction to Career Development (Summer, 2002). Florida State University-Tallahassee, FL

- Delivered a teaching curriculum including lectures on Skills Identification, Metacognitions, Goal Setting, and Decision-Making.

Applied Psychology Experience

Educational Psychology (2008 – present). Provide sport psychology, health psychology, and biofeedback services to individual athletes, patients suffering from diseases such as fibromyalgia and type 2 diabetes, and performing artists.

Biofeedback and Asperger's (2004 - 2005). Administered biofeedback to a child diagnosed with Asperger's in a clinical setting for approximately one year. Goals were to improve self-regulatory strategies and monitor behavioral progress in the classroom. Supervisor: D. Francis Kelly, PhD.

Florida State University-Applied Sport Psychology (FSU-ASP) Coordinator (Fall, 2001 – Spring, 2003).

- Designed and organized FSU-ASP with assistance from Dr. Gershon Tenenbaum and the assistant athletic director, Pam Overton.
- Created FSU-ASP Student Guidelines and Requirements Manual and the FSU-ASP Coach's Manual.

Track and Field Team Internship (Fall, 2001 – Spring, 2002). Florida State University, Tallahassee, FL. Supervisor: Gershon Tenenbaum, PhD.

- Provided sport psychology services for individual athletes on the Florida State track and field team. Services included mental skills training for performance enhancement.

Field research (Spring 1998 – Fall, 1999). Determining the effects of exercise on state and trait anxiety. Supervisor: Paul E. Spector, PhD. Consultant: Charles D. Spielberger, PhD. Undergraduate field research report. *University of South Florida*.

Awards and Recognitions

The Bobby E. Leach Graduate Student Leadership Award (Spring, 2003).

Who's Who Among Students in American Universities and Colleges (2002-2003).

Activities and Organizations

- Faculty affiliate of the American Psychological Association, Division 47 (APA) (2000-Present).
- Faculty affiliate of the Association of Applied Psychophysiology and Biofeedback (AAPB) (2006-Present).
- Faculty affiliate of the American Psychological Association, Division 47 (APA) (2000-Present).

- Graduate student representative on the Graduate Policy Committee (GPC) that conducted an internal review of the department of Educational Psychology and Learning Systems, Florida State University (Spring, 2003).