

ROBERT A. SWOAP, Ph.D.
Professor of Psychology, Warren Wilson College

EMPLOYMENT:

- 1998 – *Professor of Psychology.* Warren Wilson College, Asheville, NC.
- 1996 - 1998 *Assistant Professor of Psychology.* Widener University, Chester, PA.
- 1993 – *Licensed Clinical & Health Psychologist, NC#1882, Health Services Provider.*
- 1992 - 1994 *Post-doctoral fellow.* Duke University Medical Center – Division of Behavioral Medicine, Durham, NC.
- 1991 - 1992 *Clinical Psychology Intern.* Medical University of South Carolina, Charleston, SC.
- 1990 - 1991 *Sport Psychology Intern.* United States Olympic Training Center, Colorado Springs, CO.
- 1987 - 1990 *Research Assistant.* University of Florida, Veteran's Administration Hospital, Gainesville, FL.
- 1986 - 1987 *Research and Teaching Assistant.* Duke University, Durham, NC.

EDUCATION:

- 1992 - 1994 Post-doctoral fellowship, Behavioral Medicine and Health Psychology, Duke University Medical Center.
- 1987 - 1992 M.S. & Ph.D., Clinical and Health Psychology, University of Florida.
- 1983 - 1987 B.A., Duke University, With Honors in Psychology.

PROFESSIONAL MEMBERSHIPS

The Association for Psychological Science
The Association for Contemplative Mind in Higher Education
North Carolina Psychological Association

ACTIVITY AND HONORS

Sport Psychologist for USA Table Tennis (2020 – current)
 WWC Sabbatical for 2019-20 (Evaluation of the Resilient Mind Program for Firefighters)
 WWC grant for research on mindfulness in college students (2017-18)
 Sport Psychologist for the *Nike Runner's World Moonshot* program (2017)
 Diversity Fellowship Award (2016-17)
 Buncombe County grant to examine *Instant Recess* in elementary schools (2014-15)
 Sabbatical Award to study *Instant Recess* and the habits of elite athletes (2012-13)
 Faculty Excellence in Teaching award (2006-07)
 ACA and Sabbatical Grant for studies of recovery processes in mental illness (2005-06)

PUBLICATIONS & PRESENTATIONS:

- Swoap, R., Broman-Fulks, J., MacGregor, S., & Bettencourt, J. Assessing the physiological, cognitive, and emotional impact of a Mindfulness-based, resilience training program in firefighters. Manuscript in preparation.
- Wingert, J. R., Jones, J. C., Swoap, R. A., & Wingert, H. M. (2020). Mindfulness-based strengths practice improves well-being and retention in undergraduates: A preliminary randomized controlled trial. *Journal of American College Health*, 1–8.
<https://doi.org/10.1080/07448481.2020.1764005>
- Swoap, R. (2020, April). Mindfulness, meditation, and music: A workshop. 30th annual Art and Science of Health Promotion conference, Hilton Head Island. (Conference canceled)
- Swoap, R. (2020, February). Mindfulness practices in the college classroom: Psychological, physiological and performance benefits. Invited talk for *Unplug to recharge: Cultivating mindfulness at NC Community Colleges* hosted by AB Tech Community College, Asheville.
- Swoap, R. (2019, September). A mindfulness-based strengths program for working college students. Invited talk given at the *Becoming Still* conference hosted by Appalachian State University, Boone, NC.
- Swoap, R. (2019, April). Back to the future: Why grit and self-control matter in health and achievement. Hour-long presentation given at the 29th annual Art and Science of Health Promotion conference, Hilton Head Island, SC.

- Swoap, R., Fisher, M., & Canizio, B. (2019, March). Practical and effective: Contemplative practices in a small college setting. Research poster accepted at the American Psychosomatic Society Conference, Vancouver.
- Swoap, R. (2018, May). Mindfulness, health, and performance. Address given at the Buncombe County Mindful Schools conference, Asheville, NC.
- Swoap, R., & Henry, S. (2018, April). CDS learns: Discussion on education and parenting. Panel discussion on the psychology of youth sports and coaching, Malaprops Bookstore, Asheville, NC.
- Fust, A. & Swoap, R. (2017, May). Therapeutic music intervention: Positive outcomes for adults with health and neuropsychiatric challenges. Research poster presented at the Association for Psychological Science, annual convention, Boston.
- Swoap, R. (2017, March). Merging motivational and skills training strategies for health behavior change. Address given at the 27th annual Art and Science of Health Promotion conference, Colorado Springs.
- Swoap, R. (2017, January). Mindfulness practices and inclusivity in the classroom. Roundtable presented at the 39th Annual National Institute on the Teaching of Psychology, St. Pete Beach, FL.
- Romeo, M. & Swoap, R. (2016, May). Short exercise bouts in the classroom increase activity and improve mood in college students. Research poster presented at the Association for Psychological Science, annual convention, Chicago.
- Swoap, R. (2016, April). Mindful health: The science and practice of mindfulness for optimal health and performance. Address given at the 26th annual Art and Science of Health Promotion conference, Orlando.
- Swoap, R. (2015, October). Brain-behavior interactions in habit formation: How to make change stick. Invited talk given at the LAUNCH initiative, Warren Wilson College.
- Swoap, R. (2015, April.) Peak performance: Four keys. Invited address given at Mars Hill University, Psychology and Athletic Departments.
- Swoap, R. (2015, March). Three exercises for the mindful student. Presentation given at the annual Mindful Campus Meeting, University of North Carolina - Asheville.

- Swoap, R. (2015, January). Mindfulness in the classroom: Merging science and practice. Roundtable presented at the 37th Annual National Institute on the Teaching of Psychology, St. Pete Beach, FL.
- Swoap, R. (2014, October 13). Mills' victory in 1964 Olympics still inspirational. *Asheville Citizen Times* (Sports section, pp. 1-2).
- Swoap, R. (2014, March). Achieving peak motivation for health promotion programs: Lessons from elite athletes. Invited address at the 24th annual Art and Science of Health Promotion conference, Colorado Springs.
- Swoap, R. (2014, January). Teaching resilience: Research and applications in sport and health psychology. Roundtable presented at the 36th Annual National Institute on the Teaching of Psychology, St. Pete Beach, FL.
- Mann, C., Eckstein-Jackson, L., & Swoap, R. (2014, January). When the glass is overfull: Addressing students' preexisting attitudes through story-based, experiential techniques. Roundtable presented at the 36th Annual National Institute on the Teaching of Psychology, St. Pete Beach, FL.
- Swoap, R. (2013, June). Motivation and effective goal-pursuit: Elite athletes and self-determination. Paper presented at the 5th International Conference on Self-Determination Theory, Rochester, NY.
- Swoap, R. (2013, June). Cold water queen. *Blue Ridge Outdoors Magazine*, p. 13.
- Swoap, R., Ohrstrom, B., Lundquist, K., & Diamant, D. (2013, May). Short exercise bouts in the elementary classroom improve children's mood, behavior, and fitness. Research poster presented at the Association for Psychological Science, annual convention, Washington, D.C.
- Swoap, R. (2012, April). What elite athletes can teach us about successful health behavior change. Invited address at the 22nd annual Art and Science of Health Promotion conference, San Diego.
- Swoap, R. (2012, February). Helping people make and maintain changes: Lessons from sport psychology. Conversation hour led at the annual Southeastern Psychology Association conference, New Orleans.

- Swoap, R. (2011, January). When knowledge isn't enough: Reducing mental illness stigma in the classroom. Workshop presented at the 33rd Annual National Institute on the Teaching of Psychology, St. Pete Beach, FL.
- Roberts, L., & Swoap, R. A. (2010, May). Implicit perceptions of individuals with body modification. Research poster presented at the Association of Psychological Science, annual convention, Boston, MA.
- Swoap, R. A. (2010, March). Promoting health in the recovery of individuals with persistent mental illness. Research poster presented at the Art and Science of Health Promotion conference, Hilton Head Island, S.C.
- Swoap, R. A. (2008, March). Recovery processes in serious mental illness: Community is central. Research poster presented at Southeastern Psychology Association conference, Charlotte, N.C.
- Williams, A., Swoap, R., & Burleson, K. (2008, March). Hypercompetitiveness and disordered eating in female cross-country runners. Research poster presented at Southeastern Psychology Association conference, Charlotte, N.C.
- Swoap, R. A. (2008, January). When *Abnormal Psychology* causes distress in our students. Workshop presented at the 30th Annual National Institute on the Teaching of Psychology, St. Pete Beach, FL.
- Metzloff, C. & Swoap, R. (2007). A qualitative review of wilderness therapy as a treatment method for adolescent depression. Unpublished paper available on request from the second author.
- Saville, S. & Swoap, R. (2007). Locus of control and conflict resolution: A comparison of early adolescents versus young adults. Unpublished paper available on request from the second author.
- Swoap, R. (2007, April). Reclaiming lives: Recovery in serious mental illness. Paper presented at the Faculty Seminar, Warren Wilson College.
- Swoap, R. A. (2006, March). The seven habits of highly effective athletes: Applying sport psychology to health promotion. Workshop (Breakout Session) given at the 16th annual Art and Science of Health Promotion conference, Las Vegas, NV.

- Swoap, R. A. (2005, October). Personal and environmental health: The dietary connection. Invited address, Wells College, Aurora, NY.
- Jonas, A., Swoap, R., & Knight-Oakley, M. (2004, November). Connecting youth to nature and culturally diverse communities. Workshop and research data presented at the Association for Experiential Education Annual Conference: Norfolk, Va.
- Powell, B., Arevalo, L., Matthews-Sommer, J., & Swoap, R. (2003, March). WWC Worldwide Courses: A sampler of recent student and faculty experiences abroad. Panel Discussion presented at the ACA Internationalization Summit: Kingsport, TN.
- Swoap, R. A. (2002, October). Battle to the top: The athlete's guide to mental toughness. *Blue Ridge Outdoors*, pp. 8-9.
- Swoap, R. A. (2000, Fall). Wellness at Warren Wilson College: An integrated approach. *Heartstone*, 2, 86-90.
- Swoap, R. A. (1999). A history of Division 47: Exercise and sport psychology. In D. Dewsbury (Ed.), Unification through division: Histories of the divisions of the American Psychological Association, Vol 4, (pp. 151-173). Washington D.C.: APA.
- Swoap, R. A. (1999, Fall). Why old Joe Camel needs Viagra: Smoking and impotence. *Heartstone*, 1, 48-50.
- Swoap, R., L'Armand, C., & L'Armand, K. (1999, August). Attitudes toward others based on vegetarian vs. non-vegetarian diet. Research poster presented at the annual American Psychological Association Convention: Boston.
- Swoap, R. A. (1998, August). Coleman Griffith's kick-off of applied sport psychology in America. Paper presented at the annual APA Convention: San Francisco.
- L'Armand, K., Swoap, R., Giles, C., Nemchik, S., Organ, A., & Wright, S. (1998, June). Aggressive tendencies in contact sport and non-contact sport athletes. Research poster presented at the annual APS Convention: Washington, D.C.
- Szczepnanski, R., Napolitano, M., Feaganes, J. R., Barefoot, J. C., Luecken, L., Swoap, R., Kuhn, C., Suarez, E., Siegler, I. C., Williams, R. B., & Blumenthal, J. A. (1997). Relation of mood ratings and neurohormonal responses during daily life in employed women. *International Journal of Behavioral Medicine*, 4, 1-16.

- Swoap, R. A. & Blumenthal, J. A. (1996). Sport and psychology. In B. Wolman (Ed.), The Encyclopedia of Psychiatry, Psychology, and Psychoanalysis. New York: Henry Holt.
- Swoap, R. A. (1996). Sport psychology issues in youth soccer. In W. E. Garrett, D. T. Kirkendall, & S. R. Contiguglia (Eds.), The U.S. Soccer Sports Medicine Book (pp. 473-485). Baltimore: Williams & Wilkins.
- Swoap, R. A., & Murphy, S. M. (1995). Eating disorders and weight management in athletes. In S. M. Murphy (Ed.), Sport Psychology Interventions (pp. 307-329). Champaign, IL: Human Kinetics.
- Swoap, R. A., Norvell, N. K., Graves, J. E., & Pollock, M. L. (1994). High versus moderate intensity aerobic exercise in healthy older adults: Psychological and physiological effects. *Journal of Aging and Physical Activity*, 2, 293-303.
- Murphy, S. M., Carr, C., Swoap, R. A., & Muerhoff, J. (1994). Sports mental training: Relaxation and energy management for athletes [Brochure]. Colorado Springs, CO: United States Olympic Training Center, Sports Science Division.
- Swoap, R. A. (1994, June). Sport psychology issues in youth soccer. Invited address given at the United States Soccer Symposium on the Sports Medicine of Soccer: Orlando.
- Swoap, R. A., Suarez, E., Blumenthal, J. A., Barefoot, J., Siegler, I., & Williams, R. B. (1994, April). Patterns of daily stress and emotional responding in a sample of working women. Poster presented at the Society of Behavioral Medicine Annual Meeting: Boston.
- Suarez, E., Luecken, L., Kuhn, C., Schanberg, S., Siegler, I., Stallone, L., Swoap, R. A., Zimmerman, E., & Williams, R. (1994, April). Race-related differences in excretion rates of urinary cortisol in working women: Evidence for lower cortisol excretion in blacks. Poster presented at the Society of Behavioral Medicine Annual Meeting: Boston.
- Swoap, R. A., & Blumenthal, J. A. (1993). The modification of Type A behavior pattern and exercise. *Journal of Type A Behavior Pattern*, 4, 3-10.
- Swoap, R. A., Shaw, D. L., & Pellegrin, K. L. (1993, March) Gender differences, body composition, and body satisfaction. Research poster presented at the Society of Behavioral Medicine Annual Meeting: San Francisco.

- Swoap, R. A. (1992). The effects of anxiety on swimming performance. Dissertation at the University of Florida. Manuscript available at <http://archive.org/details/effectsofanxiety00swoa>
- Murphy, S., Carr, C., & Swoap, R. A. (1991, October). A model program for consultation and intervention with elite athletes. Workshop presented at the Association for the Advancement of Applied Sport Psychology Annual Conference: Savannah, GA.
- Swoap, R. A., Norvell, N. K. & Martin, D. (1990, August). Psychological and physiological benefits of aerobic exercise in a sedentary population. Research poster presented at the American Psychological Association Conference: Boston.
- Norvell, N. K., Swoap, R. A., Hagberg, J. M., Graves, J. E., Pollock, M. L., & West, R. L. (1989, April). Cardiovascular and psychological benefits of exercise training in older adults. Research poster presented at the 10th Annual Scientific Sessions - Society of Behavioral Medicine: San Francisco.
- Swoap, R. A. (1988, June). The psychological benefits of exercise: A critical review. Paper presented at the Florida Psychological Association Meeting: Key West, FL.
- Swoap, R. A. (1987, November). Quality of life in patients with congestive heart failure. *Study of Left Ventricular Dysfunction Newsletter* (available from the Veteran's Administration Hospital, Gainesville, FL).