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ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

2021 MSM and Resort Trainer Keynote Speakers

Dr Gabriele Wulf and Dr. Rebecca Lewthwaite

November 10, 2021

TOPIC: Optimizing Snowsports Instruction - Gabriele and Rebecca will talk about the three key factors in their OPTIMAL Theory. Enhanced expectancies or confidence, autonomy, and an external focus of attention. They'll give examples of how they can be implemented in practical settings (e.g., snowsports).

Dr. Gabriele Wulf is a Distinguished Professor at the University of Nevada, Las Vegas (UNLV). She is a sport scientist with a PhD from the German Sports University in Cologne. Dr. Wulf has conducted research in motor learning for more than 30 years. She studies factors that influence the learning of motor skills, including attentional focus and motivational variables. Dr. Wulf has published more than 200 journal articles and book chapters, as well as three books. Dr. Wulf has received various awards for her research, including the Distinguished Scholar Award from the *North American Society for the Psychology of Sport and Physical Activity* and UNLV's Barrick Distinguished Scholar Award. She is a Fellow of the National Academy of Kinesiology.

Dr. Rebecca Lewthwaite is Director of Research and Education in Physical Therapy and Director of Rehabilitation Outcomes Management at Rancho Los Amigos National Rehabilitation Center in Los Angeles. She is also an adjunct faculty member at the University of Southern California (USC). Dr. Lewthwaite received her PhD in Kinesiology from the University of California, Los Angeles, with a specialization in the social psychology of human movement. Her research focuses on the role of motivational enhancements (confidence and autonomy support) in motor performance and learning, in a variety of individuals, from those undergoing physical rehabilitation to developing and high-performing athletes. Recent work includes the facilitation of confidence building in individuals recovering from stroke.