

ALISON C. REICHTER



Courses Taught:

KINE 541: Exercise Psychology

Educational Credentials:

Doctorate of Philosophy	University of Minnesota; Minneapolis, MN (Kinesiology, Specialization: Sport and Exercise Psychology), 2015
Master of Science	University of Minnesota; Minneapolis, MN (Kinesiology, Specialization: Sport and Exercise Psychology), 2013
Bachelor of Arts	Macalester College; Saint Paul, MN (Psychology, Music)

Teaching Experience:

Assistant Professor	Louisiana Tech University, 2022-present
Lecturer	University of Iowa, 2016-2022
Adjunct Lecturer	Grand View University, 2016

Professional Experience:

Project Manager	Girls on the Run Longitudinal Evaluation Study, 2015-2017
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Selected Publications:

- Weiss, M. R., Kipp, L.E., **Phillips Reichter, A.**, Bolter, N. D. (2020). Evaluating Girls on the Run in promoting positive youth development: Group comparisons on life skills transfer and social processes. *Pediatric Exercise Science*, 32, 172-182. doi: 10.1123/pes.2019-0252
- Phillips Reichter, A.** & Weiss, M. R. (2019). Conceptions of adolescent friendship quality in sport and music domains. *Research Quarterly for Exercise and Sport*, 90, 534-546. doi: <https://doi.org/10.1080/02701367.2019.1632412>
- Kipp, L. E., Bolter, N. D., & **Phillips Reichter, A.** (2019). Motivational climate profiles, physical maturity, and well-being among female adolescent aesthetic sport athletes. *Pediatric Exercise Science*, 31, 458-464. doi: <https://doi.org/10.1123/pes.2018-0182>
- Weiss, M. R., Kipp, L. E., **Phillips Reichter, A.**, Espinoza, S. M., & Bolter, N. D. (2019). Girls on the Run: Impact of a physical activity youth development program on psychosocial and behavioral outcomes. *Pediatric Exercise Science*, 31, 330-340. doi: <https://doi.org/10.1123/pes.2018-0168>
- Hosteng, K. R., **Phillips Reichter, A.**, Simmering, J. E., & Carr, L. J. (2019). Uninterrupted classroom sitting is associated with increased discomfort and sleepiness among college students. *International Journal of Environmental Research and Public Health*, 16:2498. doi: <https://doi.org/10.3390/ijerph16142498>
- Phillips, A. C.**, & Weiss, M. R. (2016). Adolescents' achievement beliefs and behaviors in sport, music, and reading domains. *Journal of Sport Behavior*, 39, 51-71.
- Weiss, M. R., **Phillips, A. C.**, & Kipp, L. E. (2015). Effectiveness of a school-based fitness program on youths' physical and psychosocial health outcomes. *Pediatric Exercise Science*, 27, 546-557.

Book Chapter:

Weiss, M. R., & **Phillips, A. C.** (2015). Motivation in youth sport and physical activity: Developmental perspectives. In J. D. Wright (Ed.), *International Encyclopedia of Social and Behavioral Sciences* (2nd ed., Vol. 15, pp. 914-920). Oxford, UK: Elsevier, Ltd.

Selected Presentations:

Phillips Reichter, A., & Weiss, M. R. (2021, June). *Adolescent friendship quality and motivation in sport and music domains*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, virtual.

Phillips Reichter, A., Whitaker, K. M., Litton, E. L., Volfson, E., Melton, S., Nelson, A., & Carr, L. J. (2021, June). *Acceptability and efficacy of a remotely-delivered Exercise is Medicine physical activity health coaching intervention*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, virtual.

Weiss, M. R., Kipp, L. E., **Phillips, A. C.**, Espinoza, S. M., Moehne, H. J., & Bolter, N. D. (2018, June). *“What... so what?” Girls on the Run – A longitudinal evaluation of program impact*. Paper presented as a symposium presentation at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Denver, CO.

Kipp, L. E., Bolter, N. D., & **Phillips, A. C.** (2017, June). *Social, psychological, and physical predictors of Well-being among female adolescents in aesthetic sports*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, San Diego, CA.

Phillips, A. C. (2017, April). *National Program Evaluation of Girls on the Run: Promoting positive youth development through physical activity*. Invited presentation to Health Promotion Graduate Seminar, Department of Health and Human Physiology, Iowa City, IA.

Hosteng, K., Benzo, R., **Phillips, A. C.**, & Carr, L. J. (2017, April). *Impact of prolonged classroom sitting time on student perceptions of physical discomfort and alertness. How much is too much?* Poster presentation at Annual Society of Behavioral Medicine Meeting, San Diego, CA.

Phillips, A. C., & Weiss, M. R. (2016, June). *Conceptions of adolescent friendship quality in sport and music domains*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Montreal, QC.

Kipp, L. E., Bolter, N. D., & **Phillips, A. C.** (2016, June). *Motivational climate profiles, psychological need satisfaction, and well-being among female adolescent athletes*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Montreal, QC.

Weiss, M. R., **Phillips, A. C.**, Stark, A., & Riley, A. (2015, June). *Girls on the Run: Impact of a positive youth development program on life skills, physical activity, and sedentary behavior*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Portland, OR.

Selected Grants:

Fraternal Order of Eagles State Grant Program. (2019). Testing a Novel Student-Service Learning Exercise is Medicine Program. Lucas Carr, Kara Whitaker, **Alison Reichter**, Madeline Dohleman. \$3,000.00. Submitted August 2019. Funded \$3,000.00.

University of Iowa Provost's Office of Outreach and Engagement Community Impact Grant. (2019). Development of a Service-Learning Program to Increase Physical Activity in Iowans. Lucas Carr, Kara Whitaker, **Alison Reichter**. \$8,000.00. Submitted April 2019. Funded \$8,000.00.

North American Society for the Psychology of Sport and Physical Activity Student Research Grant. (2015). *Conceptions of adolescent friendship quality in sport and music domains*. **Alison C. Phillips**. \$1,195.00. Submitted January 31, 2015. Funded \$1,195.00.

Selected Academic Honors & Awards:

Career Kudos Award, University of Iowa, Spring 2019

Lila Bell Acheson Wallace Endowed Prize, Macalester College, 2010

Departmental Honors in Psychology, Macalester College, 2010

Certifications:

National Board-Certified Health and Wellness Coach, NBHWC, 2020-present

Wellcoaches Certified Health and Wellness Coach, Wellcoaches, 2018-present

Certified in CPR & First Aid

Professional Memberships:

NASPSPA: North American Society for the Psychology of Sport and Physical Activity, 2011-present

IOC: Institute of Coaching, 2018-present

Wellcoaches, 2019-present