



Jeffrey J. Martin

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He obtained his Ph. D. in exercise and sport psychology in 1992 under the guidance of Dr. Diane Gill at the University of North Carolina at Greensboro. He has published/in press over 125 research articles and book chapters. His major research agenda has been on the psychosocial aspects of disability sport and physical activity. His research has been predominately on understanding the determinants of elite disability sport performance using self-efficacy theory with an additional focus on understanding physical activity engagement using social cognitive theory. In addition, he has also written extensively on psychological skill development using a personal development model of psychological skills training. He has published extensively in the *Adapted Physical Activity Quarterly*, the *Journal of Teaching in Physical Education* and the *Journal of Sport*

and *Exercise Psychology*. He has received over \$8 million in federal and foundation funding to support he and his colleagues research programs.

Furthermore, he is currently the Editor for *Sport, Exercise, and Performance Psychology*, the official journal of Division 47 of the APA. He is a former Associate Editor of the *Adapted Physical Activity Quarterly* and section editor for the *Research Quarterly in Exercise and Sport*.

A Canadian citizen, and former professional athlete, Dr. Martin represented Canada in the 1985 and 1987 World Cup Marathons. He now enjoys reading, running, and playing ice hockey as well as spending lots of time with his two children.

Research: Physical activity, disability sport, body image, distance running.

Teaching: Exercise, sport, physical education and health psychology.

Disability Sport and Exercise Psychology: From Paralympics to Physical Activity Participation

In the last 10–20 years sport psychologists have started to emphasize the value of mental strengths such as self-confidence for disability sport athletes (Martin, 2012). At the pinnacle of disability sport competition, the Paralympics, athletes need effective mental skills to deal with the intense pressure to win. Similarly exercise psychology researchers have demonstrated a plethora of benefits for individuals with disabilities who exercise. In the current presentation I present and discuss a wide body of knowledge in sport and exercise psychology that covers a range of topics. In the current talk I will discuss barriers to physical activity, performance enhancement, athletic identity, confidence, anxiety, motivation, Wounded Warriors, body image, the Supercrip and socialization processes influencing entering and leaving sport. Much of my presentation is organized around a personal developmental model developed and added to (Martin, 1999, 2005, 2012) over the last 15 years that emphasizes a humanistic developmental model of sport and exercise participation.