

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 International Expressive Arts Therapy Association*  
*Music is Medicine (online global community for the use of music in healing & transformation)*

## 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. (2022, January). Incorporating resilience training and mindfulness practices in the classroom. Roundtable presented at the Annual National Institute on the Teaching of Psychology, St. Pete Beach, FL.
- Swoap, R. (2021, September). Resilience in first responders and athletes: Applications for optimal mental health, wellness, and performance. Workshop presented at the 31st annual Art and Science of Health Promotion conference, online.
- 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 5<sup>th</sup> 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 22<sup>nd</sup> 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 33<sup>rd</sup> 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., & Burlison, 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 30<sup>th</sup> 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 16<sup>th</sup> 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).