

Dr Paul Appleton PhD

Teaching and Research Fellow

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About

Paul current work concerns testing and validating the Empowering Coaching™ (www.empoweringcoaching.co.uk) and associated family of education programmes in different physical activity settings (e.g., PE, sport, education, dance). Empowering Coaching™ and associated programmes aims to help leaders/coaches/teachers/instructors foster quality motivation and make physical activities more engaging, empowering and enjoyable. The programme is theoretically grounded and evidence-based, and helps to enhance people's health and well-being via their experiences in physical activity.

Qualifications

- PhD (University of Bedfordshire, UK)
- BSc in Sport Studies (De Montfort University, UK)

Biography

Having obtained BSc (1st class) and PhD degrees, Paul was appointed as a lecturer in the School of Physical Education and Sport Sciences at the University of Bedfordshire (2006-2009). In 2009, he joined the University of Birmingham as a teaching and research fellow.

Paul lectures about motivation in sport and exercise settings to third year undergraduate students, and supervises dissertation project students and PhD students. I enjoy most sports and am married with three children.

Teaching

Motivation in Sport and Exercise Settings

Postgraduate supervision

Dr Appleton is currently supervising of the following students:

- Mimi Ho - Perfectionism in deaf and hearing athletes. (Primary Supervisor)
- Nathan Smith - Evaluation of a theory-based coach education programme: Advancements in implementation, method of assessment and social inclusion. (Second Supervisor)
- Daniel Milton - Evaluation of Empowering PE™ in Wales. (Second Supervisor)
- Richard Vaughan - Promoting physical activity during retirement: A motivational perspective (Primary Supervisor)

Research

- Motivational processes in physical activity settings
- Perfectionism
- Self-Determination Theory
- Achievement Goal Theory

With colleagues from the School of Sport, Exercise and Rehabilitation Sciences and from around Europe, Paul worked on a large 4-year (2009-2013) project funded by the European Commission (FP7 Health; €3 million) to conduct an intervention study in England and four other EU countries (www.projectpapa.org). The project revolved around the customisation and evaluation of the Empowering Coaching™ education programme in grassroots football. My current work centres on working with Professor Duda and Dr Quested from the School to establish and validate Empowering Coaching™ and its family of associated programmes in other contexts. This work is currently funded by SportWales and the Football Association. In addition to this work, I have an interest in perfectionism which I attempt to understand using contemporary theories of motivation

Other activities

Paul serves as a regular reviewer for various international peer-reviewed journals and funding agencies. Currently, am I on the editorial board for the International Journal of Sport Psychology. Paul have also acted as the internal examiner for PhD theses within the School of Sport, Exercise and Rehabilitation Sciences.

Publications

Book Chapters

1. Duda, J. L., Papaioannou, A., Appleton, P. R., Quedsted, E. J., & Krommidas, C. (2014). Creating adaptive motivational climates in sport and education. In A. Papaioannou and D. Hackfort (Eds.), *Fundamental Concepts in Sport and Exercise Psychology*. Taylor & Francis.
2. Hall, H. K., Hill, A. P., & **Appleton, P. R.** (2012). Perfectionism: Its development and its influence on emerging talent in youth sport. To be published in Lidor, R. & Cote, J. (Eds.), *Conditions of Children's Talent Development in Sport*. FIT Publishers.
3. Hall, H. K., Hill, A. P., & **Appleton, P. R.** (2012). Perfectionism: A foundation for sporting excellence or an uneasy pathway toward purgatory? In G. C. Roberts & D. Treasure (Eds.), *Motivation in sport and exercise: Volume 3*. Human Kinetics.

Journal Articles

1. Hill, A. P., Stoeber, J., Brown, A., & Appleton, P. R. (in press). Team perfectionism and team performance: A prospective study. *Journal of Sport & Exercise Psychology*.
2. Papaioannou, A. G., **Appleton, P. R.**, Torregrosa, M., Jowett, G. E., Bosselut, G., Gonzalez, G., Haug, E., Ertesvaag, V., & Zourbanos, N. (2013). Moderate-to-vigorous physical activity and personal well-being in European youth soccer players: Invariance of physical activity, global self-esteem and vitality across five countries. (Special Issue: The European-based 'PAPA' Project: Promoting Adolescent health through an intervention aimed at improving the quality of their participation in Physical Activity). *International Journal of Sport and Exercise Psychology*, 11, 351-364.
3. Viladrich, C., **Appleton, P. R.**, Quedsted, E., Duda, J. L., Alcaraz, S., Heuzé, J., Fabra, P., Samdal, O., Ommundsen, Y., Hill, A. P., Zourbanos, N., & Ntoumanis, N. (2013). Measurement invariance of the Behavioural Regulation in Sport Questionnaire when completed by young athletes across five European countries. (Special Issue: The European-based 'PAPA' Project: Promoting Adolescent health through an intervention aimed at improving the quality of their participation in Physical Activity). *International Journal of Sport and Exercise Psychology*, 11, 384-394.
4. Curran, T., **Appleton, P. R.**, Hill, A. P., & Hall, H. K. (2013). The mediating role of psychological need satisfaction in relationships between types of passion for sport and athlete burnout. *Journal of Sports Sciences*, 31, 597-606.
5. **Appleton, P. R.** & Hill, A. P. (2012). Perfectionism and athlete burnout in junior elite athletes: The mediating role of motivation regulations. *Journal of Clinical Sport Psychology*, 6, 129-145.
6. Hill, A. P., Hall, H. K., & **Appleton, P. R.** (2012). An assessment of the similarities between a measure of positive perfectionism and a measure of conscientious achievement striving. *Psychology of Sport & Exercise*, 13, 353-359.
7. **Appleton, P. R.**, Hall, H. K., & Hill, A. P. (2011). Examining the influence of the parent-initiated and coach-created motivational climate upon athletes' perfectionistic cognitions. *Journal of Sports Sciences*, 7, 661-671.
8. Curran, T., **Appleton, P. R.**, Hill, A. P. & Hall, H. K. (2011). Passion and burnout in elite junior soccer players: The mediating role of self-determined motivation. *Psychology of Sport & Exercise*, 12, 655-661.
9. Hill, A. P. & **Appleton, P. R.** (2011). The predictive ability of the frequency of perfectionistic cognitions, self-oriented perfectionism and socially prescribed perfectionism in relation to symptoms of burnout in youth rugby players. *Journal of Sports Sciences*, 29, 695-703.
10. Hill, A. P., Hall, H. K., & **Appleton, P. R.** (2011). The relationship between multidimensional perfectionism and contingent self-worth. *Personality and Individual Differences*, 50, 238-242.
11. Hill, A. P., Hall, H. K., Duda, J. L., & **Appleton, P. R.** (2011). The cognitive, affective and behavioural responses of self-oriented perfectionists following successive failure on a muscular endurance task. *International Journal of Sport & Exercise Psychology*, 9, 189-207.
12. **Appleton, P. R.**, Hall, H. K., & Hill, A. P. (2010). Family patterns of perfectionism: An examination of elite junior athletes and their parents. *Psychology of Sport and Exercise*, 11, 363-371.
13. Hill, A. P., Hall, H. K., & **Appleton, P. R.** (2010). Perfectionism and athlete burnout in junior elite athletes: The mediating role of coping tendencies. *Anxiety, Stress & Coping*, 23, 415-430
14. Hill, A. P., Hall, H. K., & **Appleton, P. R.** (2010). Perfectionism and burnout in canoe polo and kayak slalom athletes: The mediating influence of validation and growth seeking. *The Sport Psychologist*, 24, 16-34.
15. Hill, A. P., Hall, H. K., & **Appleton, P. R.** (2010). A comparative examination of the correlates of self-oriented perfectionism and conscientious achievement striving in male cricket academy players. *Psychology of Sport and Exercise*, 11, 162-168.
16. **Appleton, P. R.**, Hall, H. K., & Hill, A. P. (2009). Relations between multidimensional perfectionism and burnout in junior-elite male athletes. *Psychology of Sport and Exercise*, 10, 457-465.
17. Hall, H. K., Hill, A. P., **Appleton, P. R.** & Kozub, S. A. (2009). The mediating influence of unconditional self-acceptance and labile self-esteem on the relationship between multidimensional perfectionism and exercise dependence. *Psychology of Sport & Exercise*, 10, 35-44.
18. Hall, H. K., Hill, A., & **Appleton, P. R.** (2009). Student investment in a research design course: The influence of achievement orientations on motivational patterns. *Journal of Hospitality, Leisure, Sport and Tourism Education*, 8, 17-33.
19. Hill, A. P., Hall, H. K., **Appleton, P. R.** & Kozub, S. A. (2008). Perfectionism and burnout in junior elite soccer players: The mediating influence of unconditional self-acceptance. *Psychology of Sport and Exercise*, 9, 633-644.

Expertise

Motivation processes in sport and the psychological climate created by significant others (e.g., coaches, parents). Also interested in perfectionism and athlete burnout.

