Maria-Christina Kosteli

Doctoral Researcher

School of Sport, Exercise and Rehabilitation Sciences (/schools/sport-exercise/index.aspx)

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About

PhD Title: Exercise Imagery Use in Older Adults

Supervisors: Dr Jennifer Cummings and Dr Sarah Williams

Maria-Christina Kosteli is an ESRC-funded Doctoral Researcher at the University of Birmingham, UK. Her work concerns the effectiveness of Imagery for promoting physical activity levels in older adults.

Qualifications

- BSc (1st class) in Psychology, National and Kapodistrian University of Athens, Greece
- MSc in Athletic Counselling, Springfield College, USA

Biography

Maria-Christina Kosteli is a native of Greece and received her bachelor's degree in Psychology from the National and Kapodistrian University of Athens before relocating to the United States to pursue her Master's in Athletic Counselling at Springfield College in Massachusetts. After she got her master's degree from Springfield College, she spent 3 years working in USA doing applied work with college-student athletes. In 2010 she became a certified consultant by the Association for Applied Sport Psychology.

Research

Research Groups:

- Sport and Exercise Psychology Research Group
- Birmingham Research in Imagery and Observation (BRIO)

My specific research interests fall within the broader areas of applied sport and exercise psychology. I am currently involved in research surrounding mental imagery, including how it can be used to benefit insufficiently active older adults.

Other activities

I am a member of several international organizations, including the Association for Applied Sport Psychology, the International Society of Sport Psychology (ISSP), the Association of Greek Psychologists, the British Psychological Society, and the American Psychological Association (APA).

Publications

Publications

- Kosteli, M., Van Raalte, J., Brewer, B., & Cornelius, A. (2013). Sport type, Context, and Body Image. Eating Disorders, Body Image, and Related Concerns in Sport: Brief Reports, 1, 1-6.
- Kosteli, M. Psychology in Greece. Published in the Spring 2011 issue of the International Psychology Bulletin of the American Psychological Association

Presentations

- **Kosteli, M.** Studying Abroad: A Student Perspective.
  Oral presentation in the International Society of Sport Psychology 12th World Congress in Morocco, June 2009
- **Kosteli, M.**, Van Raalte, J., Brewer, B., & Cornelius, A. "The Relationships among Sport Type, Context, and Body Image of Female Athletes".
  Poster Presentation at the 13th European Congress of Sport Psychology, Madeira, Portugal, July 2011
  Oral Presentation at 25th Annual Conference of the Association for Applied Sport Psychology, Providence, RI, USA, October 2010
  Poster presentation at the 118th Annual APA Convention, San Diego, CA, USA, August 2010

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