University of Birmingham

Nathan Smith

Doctoral Researcher

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

Contact details

Telephone +44 (0)121 415 8785 (tel:+44 121 415 8785)

Email nxs704@bham.ac.uk (mailto:nxs704@bham.ac.uk)

School of Sport, Exercise and Rehabilitation Sciences
University of Birmingham
Edgbaston
Birmingham
B15 2TT
UK

About

PhD Title: Evaluation of a theory-based coach education programme: Advancements in implementation, method of assessment and social inclusion

Supervisor: Professor Joan Duda - **Co-supervisors**: Dr Eleanor Quested, Dr Paul Appleton

Nathan Smith is a third year PhD student in the School of Sport, Exercise and Rehabilitation Science at the University of Birmingham in the United Kingdom.

Qualifications

BSc (1st class) in Sport and Exercise Sciences, University of Birmingham, UK (2010)

Biography

On completion of his undergraduate degree, Nathan went to work for the Professional Golfers Association at the PGA's National Training Academy. Whilst there, he contributed towards the development of online learning material for the PGA's distance learning foundation degree. After several months, he chose to return to the University of Birmingham to begin his PhD studies.

Research

Research group: PAPA Project Research Team

Nathan's PhD is closely linked to the work of the PAPA project (**www.projectpapa.org (http://www.projectpapa.org/)**) which aims to help coaches foster an empowering motivational climate and optimize their players' motivation and well-being. Specifically, his research relates to the development of an observation tool designed to assess the motivational climate created by youth sports coaches. His research will also involve the inclusion of currently underrepresented groups in youth sport.

Nathan has also been involved in research with elite dancers, high performance coaches and participants of health promotion programmes run by professional football clubs.

Other activities

As part of the PAPA project, Nathan is being educated to deliver the Empowering Coaching curriculum to grassroots football coaches. Since starting his PhD studies, he has also been involved in the organization of a one-day conference aimed at 'promoting healthy physical activity experiences' in children.

In addition to his PhD work, Nathan is a tutor and marker for the PGA's sport science foundation degree. He is also one of the director's of Psyched4Sport (**www.psyched4sport.com (http://www.psyched4sport.com/)**), a company taking a creative approach to the interpretation of sport psychology research. In his spare time Nathan enjoys playing football, golf and more recently engaging in outdoor pursuits.

Publications

Publications:

Tessier, D., **Smith, N.,** Tzioumakis, Y., Quested, E., Sarrazin, P., Papaioannou, A., Digelidis, N., & Duda, J. L. (2013) Comparing the objective motivationalclimate created by grassroots soccercoaches in England, Greece and France. *International Journal of Sport and Exercise Psychology,*
Smith, N., Quested, E., Appleton, P., & Duda, J. L. (In preparation). A Review of Motivation-based Coach Observation Insturments in Sport
Smith, N., et al. (In preparation). Development and Validation of a Multidimensional Motivational Climate Observation System.

Conference presentations:

Smith, N., Tessier, D., Tzioumakis, Y., Appleton, P., Quested, E., & Duda, J. L. (2013). The Relationship Between the Objectively Rated Coach-Created Motivational Climate and Athletes' Basic Psychological Needs and Sport Enjoyment. *European College of Sport and Exercise Science Conference*, Barcelona, Spain, June 2013.
Smith, N., Tzioumakis, Y., Tessier, D., Appleton, P., Quested, E., & Duda, J. L. (2013). Initial Examination of the Psychometric Properties of the Multidimensional Motivational Climate Observation System. *Poster Presented at the European College of Sport and Exercise Science Conference*, Barcelona, Spain, June 2013.
Sarrazin, P., **Smith, N.,** Tzioumakis, Y., Tessier, D., Quested, E., Papaioannou, A., & Duda, J. L. (2013) Correlates of the Objectively Assessed Empowering and Disempowering Features of the Motivational Climate in Grassroots Football. *European College of Sport and Exercise Science Conference*, Barcelona, Spain, June 2013.
Smith, N., Tessier, D., Tzioumakis, Y., Appleton, P., Quested, E., & Duda, J. L. (2013). The Relationship Between the Objectively Rated Coach-Created Motivational Climate and Athletes' Basic Psychological Needs and Sport Enjoyment. *Japanese Society of Physical Fitness and Sports Medicine, Tokyo, Japan, September 2013*.
Tessier, D., Sarrazin, P., **Smith, N.,** Quested, E., Duda, J. L., Tzioumakis, Y., Papaioannou, A., & Digiledis, N. (2013) Comparing the Objective Motivational Climate Created by Grassroots Football Coaches in England, Greece and France. *Self-determination Conference*, Rochester, United States, June, 2013
Quested, E., Appleton, P.R., **Smith, N**., Ntoumanis, N., & Duda, J.L. (2012). Advances in the measurement of the multidimensional motivational climate in sport. *Association for Applied Sport Psychology Annual Conference*, Atlanta, United States, October 2012.
Smith, N., Quested, E., Appleton, P., & Duda. J.L. (2012). The development and testing of an objective rating system to assess the coach-created motivational climate in sport. *Summer School of the International Conference on Motivation,* Frankfurt, Germany, August 2012
Smith, N., Quested, E., Appleton, P., & Duda. J.L. (2012). Differences in the coach-created psychological environment across training and competition in youth sport.

Poster Presented at the European College of Sport and Exercise Science Conference, Bruges, Belgium, July 2012.
Smith, N., Quested, E., Appleton, P., & Duda, J. L. (2012). Examining the relationship between the objective and perceived coach created motivational climate in youth sport. *British Psychological Society Annual Conference 2012*, London, United Kingdom, April 2012
Smith, N., Quested, E., Appleton, P., and Duda, J. L. (2011). The motivational climate in sport: objectively measuring what coaches do and how they do it. *Universitas 21 Early Career Researcher Workshop: Healthy Living,* Birmingham, United Kingdom, December 2011
Tessier, D., Tzioumakis, Y., **Smith, N**., Sarrazin, P., Digelidis, N., Papaioannou, A., Quested, E., & Duda, J. L. (2011). Development of an observational instrument assessing the coach-created environment. *13th FEPSAC European Congress of Sport Psychology*, Madeira, Portugal, July 2011

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