

## **DR. EUGENE W. ANDERSON (1932-1997)**

Dr. Eugene W. Anderson was Professor and Chair of the Department of Exercise, Sport and Health Studies at The University of Texas at Arlington from 1978-1994. At the time of his death, Dr. Anderson was in the cherished position of a modified service-retired Professor (50% employment) in his 19th year in our Exercise, Sport and Health Studies department. His professional career of over 40 years included service as an assistant vice-president for academic affairs, university department chair, college coach, high school instructor and high school coach.

Eugene W. Anderson received his Bachelor of Science in Physical Education in 1954 and the Master of Science in 1959 from Fort Hays State University in Kansas. He received the Doctorate in Education in Physical Education from Arizona State University in Tempe, Arizona in 1970.

Dr. Anderson's Sport Performance career began with the Kinsley, Kansas Coyotes where he participated in four years each of football, basketball and track. He continued in the athletic world at Fort Hays State University by participating in football (one year), basketball and track where he finished fourth in the high jump at the NAIA National Meet. After serving two years in the United States Army in Fort Bliss, Texas, Dr. Anderson taught history, health, drivers' education, boys and girls physical education and coached the Wildcats in Hanover, Kansas. He then was a high school instructor of history and coached football, basketball and track for two years in Hays, Kansas. Upon the completion of his Masters' Degree, he was employed at Olivet College in Olivet, Michigan from 1960-64 as an assistant professor of physical education and assistant football coach, head basketball coach and golf coach. He then became an assistant professor of physical education and basketball coach at Chico State College in Chico, California (1964-68). In 1968, Dr. Anderson became Chair of the Physical Education Program and subsequently in 1972, Professor and Chair of the Division of Health, Physical Education and Athletics at Southwest State University in Marshall, Minnesota. In 1977-78, he was the Assistant Vice President for Academic Affairs at the same institution.

Dr. Anderson was very prominent in the development of our current Exercise, Sport and Health Studies academic program. During his tenure at UTA, the Health Education and Dance minors were developed. The Bachelor of Science in Exercise Science degree was started for students in the Allied Health Sciences. The physical education-athletic coaching degrees, along with certification for teaching K-12 were shaped and refined. Dr. Anderson's expertise and appreciation for science in sport and performance created the popular Biophysical Principles of Human Movement class (there are currently two lecture and five laboratory sections per semester). His understanding of the acquisition of motor skills dramatically influenced the pedagogy curriculum. His experiences in sport and coaching directly impacted the departmental performance curriculum. Perhaps Dr. Anderson's most intense interest, in addition to curriculum, was in how the curriculum affected facility development. In the 1981-85 academic years, he gave numerous hours to the planning of an educational facility for our ESHS academic unit. The facilities' blueprint included numerous laboratories, classrooms, learning centers, student, faculty and activity areas that would have provided an educational setting that would be comparable to the academic program he helped create. The facilities' plans continue to be a model for our departmental future.



## **The Department of Exercise, Sport & Health Studies**

presents

### **The 2nd Anderson Sport Performance Lecture**

With

***Dr. David Cook***

**Sport Psychologist**

**President of Mental Advantage, Inc.,  
Ft. Worth, Texas**

**“The Mindset of a Champion”**

**Wednesday, April 2, 1997 – 12:00 Noon**

**Lone Star Auditorium**

**Activities Building**

## **THE ANDERSON SPORT PERFORMANCE LECTURE**

### **Overview:**

The curriculum of the Department of Kinesiology includes the study and practice of sport. It is clearly understood that sport is a significant element of our culture and that it is conducted in a variety of settings and for a variety of purposes. Therefore, this lecture is established to provide all interested individuals an opportunity to broaden their understanding of this culture phenomenon.

### **Purposes:**

1. This activity is designed to supplement the department's educational mission through presentations and interactions with significant professionals from various areas of the sport culture.
2. This activity is designed to recognize significant professionals from the area who are making contributions to our sport culture and can provide different perspectives relative to sport performance.
3. This activity is designed to develop more interaction with sport enterprise outside the department and the university.

## **EXERCISE, SPORT AND HEALTH STUDIES DEPARTMENT MISSION STATEMENT**

*The mission of the Department of Exercise, Sport and Health Studies is to pursue the study and practice of exercise, Sport, dance, and health. The programs of instruction, research, and service are conducted within the context of fitness, Sport performance, dance, aquatics, preventative and rehabilitative activities, and health promotion and education. This mission is achieved through educational and research activities related to cultural biomechanical physiological, psychological, and educational principles of human behavior.*

## **DR. DAVID COOK**

Often the variation in sports performance is attributed to mental factors. Popular notions suggest mental factors contribute to 85-90% of good sport performance. Further, explanations such as "it is just a mental thing" are used in providing a rationale for an athlete's performance. Although these popular notions exist, it has been during the last twenty to twenty-five years a greater understanding of the psychological processes has been developed. The field of sport and performance psychology has experienced tremendous growth in the last decade. Our speaker today will provide us with some insight to sport psychology as he presents "The Mindset of a Champion."

Dr. David Cook has experienced performing in the sport arena as well as studying and applying sport psychology. He received his undergraduate education at Baylor University where he competed as a collegiate golfer. He continues to participate in golf and is considered a fine amateur golfer.

Dr. Cook received his Ph.D. in Sport Psychology from the University of Virginia in 1984. After completing his doctorate Dr. Cook became a faculty member at the University of Kansas. From 1984 to 1996 he was the Director of the Applied Sport Psychology program at KU, a program considered one of the best in the nation, graduating 17 doctoral candidates. While at the University of Kansas, he was the Director of Sport Psychology Services to the University of Kansas Athletic Corporation. He consulted with over 1500 KU athletes and directed the KU Peak Performance Clinic which assisted an additional 400 Athletes.

Dr. Cook was elected as President of the National Sport Psychology Academy in 1992, an organization composed of 3,000 sport psychologists and coaches. He founded the National Sportpsych Group, an elite association composed of 30 leading Mental Training Consultants in the United States. Since 1986 he has been a consultant to the Professional Golfers Association, has led numerous seminars for the PGA and has worked with PGA tour players and athletes from the NFL, NBA, MLB and Olympic teams. He serves as sport psychologist for the San Antonio Spurs and the Olympic Pole Vault Group. He has written several articles in the area of sport psychology and golf and these have appeared in professional journals and popular sport publications such as Golf Magazine and Golf Illustrated.