

Maureen R. Weiss, Ph.D.

Weiss, M. R. (2021). Cheering for the children: My life's work in youth development through sport. *Kinesiology Review*, 10(2), 155-167. This article shares reflections on my academic journey from a career developmental perspective.

Maureen R. Weiss is a Professor in the School of Kinesiology, and Adjunct Professor in the Institute of Child Development, at the University of Minnesota, Twin Cities. Her research is focused on the psychological, social, and motor development of children and adolescents through participation in sport and physical activity. Previously she was a faculty member at the University of Virginia (1997-2007), where she held an endowed professorship, and at the University of Oregon (1981-1997), where research and its applications were implemented through her role as Director of the Children's Summer Sports Program, a developmental skills program serving youth 5 to 13 years of age.

Professor Weiss received Bachelor of Arts degrees in Kinesiology and Psychology, and a Master of Arts degree in Kinesiology, from the University of California, Santa Barbara. Her Ph.D. in Kinesiology was obtained at Michigan State University, where she served as a research assistant and clinician with the Institute for the Study of Youth Sports.

Weiss has published over 150 refereed articles and book chapters in her areas of expertise. She has edited 4 books on youth sport and physical activity: *Competitive Sport for Children and Youths* (Weiss & Gould, 1986), *Advances in Pediatric Sport Sciences: Behavioral Issues* (Gould & Weiss, 1987), *Worldwide Trends in Youth Sport* (De Knop, Engstrom, Skirstad, & Weiss, 1996), and *Developmental Sport and Exercise Psychology: A Lifespan Perspective* (Weiss, 2004). For contributions to the area of youth development through physical activity, Weiss was recipient of the 2014 President's Council on Fitness, Sports & Nutrition Science Board's Honor Award, which recognizes an academic professional who has significantly contributed to the advancement and promotion of the science of physical activity. In 2016, Weiss was recognized with the Distinguished Scholar Award from the North American Society for the Psychology of Sport and Physical Activity, a lifetime achievement award given for outstanding long-time contributions to research that has made a significant impact on the knowledge base in sport and exercise psychology.

Professor Weiss is especially proud of the many doctoral and masters students she has mentored for 40 years. Doctoral students are professors at academic institutions spanning the country and conducting lines of research in youth or adult development, including social relationships, self-perceptions, motivation, and moral development. It is gratifying that developmental sport psychology research has endured, with studies advancing theoretical and practical knowledge. Most masters students are physical activity practitioners, primarily coaches and teachers, who are translating theory and research to best practices for positively impacting the psychosocial health and well-being of youth through older adults.

Weiss is a Fellow of the National Academy of Kinesiology (#360) and served as President in 2010-2011. As Past-President, she organized the themed conference on Physical Activity Across the Lifespan and served as Editor of *The Academy Papers* from the meeting (*Kinesiology Review*, 2013). Weiss served as President of four other professional organizations—North American Society for the Psychology of Sport and Physical Activity (2005-2006), Research Consortium of the American Alliance for Health, Physical Education, Recreation, and Dance (2002-2003), Association for Advancement of Applied Sport Psychology (1996-1997), and Sport Psychology Academy of AAHPERD (1988-1991). From 2005-2008, she also served as Chair and Member of the President's Council on Physical Fitness and Sports Science Board.

Professor Weiss served as Editor of *Kinesiology Review*, the official journal of the National Academy of Kinesiology and the American Kinesiology Association, from 2014-2018. The mission of *Kinesiology Review* is to advance the field of kinesiology by publishing critical reviews from all disciplines within Kinesiology, including biological, physical, social, psychological, historical, and philosophical perspectives. She also served as Editor of *Research Quarterly for Exercise and Sport* (1993-1996), Associate Editor of *Journal of Sport & Exercise Psychology* (1998-2005), and Psychology Section Editor of *Research Quarterly for Exercise and Sport* (1990-1993). She has served on several Editorial Boards and reviews for many Kinesiology and Psychology journals.

Weiss has been an invited scholar and keynote speaker in several countries—Australia, Austria, Belgium, Canada, China, Czech Republic, Denmark, England, France, Israel, Italy, New Zealand, Scotland, South Africa, Spain, Switzerland, Taiwan, and Thailand. She has also shared her research and its applications at numerous universities and professional organizations across the United States and Canada. She has given over 130 invited lectures, 150 research presentations, and 100 workshops for coaches, administrators, and teachers.