

CURRICULUM VITAE

Iris Orbach

הנושע 24/2 תל-מונד 40600

טלפון: 052-6407510

e-mail: iorbach15@gmail.com

iriso@wingate.org.il

Academic Background

University of Florida, Gainesville, FL **Ph.D. December, 1998**

Department of Exercise and Sport Sciences (1995-1998)

Specialization: Sport/Exercise Psychology, Statistics

Dissertation: The Relationship between Self-Confidence and Competitive Anxiety in Influencing Sport Performance

University of Florida, Gainesville, FL **M.S. June, 1995**

Department of Exercise and Sport Sciences (1993-1995)

Specialization: Sport/Exercise Psychology

Thesis: Attribution Training: The effect cognition has on performance.

Tel-Aviv University, Tel-Aviv, Israel **B.A. June, 1992**

Faculty of Humanities (1988-1992)

Specialization: Cognitive Psychology

Employment Experience

2018-present **Head of MA program in "Sport and Exercise Psychology", The College of Management, Academic Studies, Rishon Lezion**

Responsibilities include: Development of the first academic program in Israel for sport psychology; Recruitment of professional staff; Working with The Ministry of Health, The Israeli Psychology Association and the High Education Council

2018-present **Senior Lecturer – School of Behavior Sciences and Psychology - The College of Management, Academic Studies, Rishon Lezion**

2010-present **Head of Health Promotion Program – The Nat Holman School for Coaches and Instructors, Wingate Institute**

Responsibilities include: Development of courses; Recruitment of professional staff; Developing programs for behavioral change in the area of wellness

2009-present **Teaching – The Net Holman School for Coaches and Instructors, Wingate Institute**

Responsibilities include: Teaching sport psychology classes

- 2008-present** **Sport Psychology – Department of Behavioral Sciences, Ribstein Center of Sport Medicine Sciences and Research, Wingate Institute**
Responsibilities include: Consulting athletes; Research and publications; Presentations; Promoting sport and exercise
- 2008-2010** **Adjunct Faculty – School of Social Sciences & Management, Ruppin Academic Center**
Responsibilities include: Teaching Sport Psychology courses; Development of practicum in psychology
- 2000-2007** **Assistant Professor – Sport, Fitness & Leisure Studies Department Salem State College, Salem, Massachusetts**
Responsibilities include: Development of course syllabi; Text review and selection; Teaching 12 credit hours per semester (including on-line classes); Advising 10-15 SFL majors.
- 1998-1999** **Researcher, Medical School University of Florida, Gainesville, FL**
Grant writing
- 1994-1999** **Invited Presentations - University of Florida**
Division I Sport Teams

Scholarly Work

Research topics and grants:

1. 2009-2012. The Israeli Olympic Committee, Elite Sport Department, Wingate Institute. Topic: The profile of the Israeli professional coach.
2. 2012-2014. Wingate Institute. Topic: Career Development and Transition of Wingate Academy Athletes: From Junior-to-Senior Sport.
3. 2014-2016. Wingate Institute-National Taiwan Normal University. Topic: EEG measurements of stress distractions based on the LMA approach.
4. 2014-2016. Wingate Institute-Givat Washington Academic College. Topic: The effect of LMA approach on self-regulation level on physical education teachers.
5. 2015-2017. Wingate Institute – ATHENA. Topic: Sport motivation among youth female athletes.

Publications:

Books

1. Bompa, T., Blumenstein, B, Orbach, I., Howell, S., & Hoffman, J (2019). (B. Blumenstein, I. Orbach, Eds.). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
2. Blumenstein, B., & Orbach, I. (2012a). **Mental Practice in Sport: Twenty Case Studies**. Hauppauge, NY: Nova Science Publishers (174pp.) ISBN: 978-1-62100-324-3.
3. Blumenstein, B., & Orbach, I. (2012b). **Psychological Skills in Sport: Training and Application**, NY: Nova Science Publishers. ISBN: 978-1-62081-640-0.

Book Chapters

1. Blumenstein, B., & Orbach, I. (in press). **Psychophysiology in sport: Psychological preparation based on the LMA approach**. Invited chapter (Hebrew).
2. Orbach, I., & Sade, S., & Blumenstein, B. (in press). **Psychological skills in sport: Research and application**. Invited chapter (Hebrew).
3. Bompa, T., Howell, S., Blumenstein, B., & Orbach, I. (2019). Chapter 1: Introduction to theory and methodology of sport training. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 12-22). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
4. Blumenstein, B., & Orbach, I. (2019). Chapter 3: Psychological preparation integration part of athletic training. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 62-75). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
5. Hoffman, J., Howell, S., Bompa, T., Blumenstein, B., & Orbach, I. (2019). Chapter 4: Integration of psychology and nutrition in annual plans. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 76-88). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
6. Bompa, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (2019). Chapter 5: Application of nutrition and sport psychology within the training phases.. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 89-109). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
7. Bompa, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (2019). Chapter 6: Long-term integrated periodization. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 110-129). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
8. Bompa, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (2019). Chapter 7: Fatigue and over training Kinetics. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, &

- J. Hoffman (pp. 130-153). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
9. Bompá, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (2019). Chapter 8: Peaking for competition. In T. Bompá, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 154-173). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
 10. Bompá, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (2019). Chapter 9: Recovery from competition. In T. Bompá, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 174-197). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer& Meyer Sports.
 11. Blumenstein, B., & Orbach, I. (2018) Periodization of biofeedback training: New trends in athletic preparation. In Francesco Chiappelli (Ed.), **Advances in psychobiology**, pp.49-62, NY: Nova Science Publisher.
 12. Blumenstein, B., & Orbach, I. (2014). Sailing in Israel. In P. Terry, Z. Li-Wei, K. Young-Ho, T. Morris, & S. Hanrahan (Eds.) **Secrets of Asian Sport Psychology** (pp. 246-262). Open Educational Resources. University of Southern Queensland, Australia.
 13. Blumenstein, B., Tsung-Min, E., & Orbach, I. (2014). Self-regulation and biofeedback. In A. Papaioannou & D. Hackford (Eds.). **Routledge Companion to Sport and Exercise Psychology: Global Perspectives and Fundamental Concepts** (pp. 402-416). Routledge. Washington, DC: Taylor & Francis Publisher.
 14. Blumenstein, B., & Orbach, I. (2014). Biofeedback/Neurofeedback. In R. Eklund & G. Tenenbaum (Eds.). **Encyclopedia of Sport and Exercise Psychology** (pp. 70-73). SAGE Publication.
 15. Blumenstein, B., & Orbach, I. (2014). **Biofeedback for sport and performance enhancement**. Oxford Handbooks Online. New York. Oxford University Press. DOI:10.1093/oxfordhb/9780199935291.013.001. Invited chapter.
 16. Blumenstein, B., & Orbach, I. (2012). The road to Olympic medal. In A. Edmonds & G. Tenenbaum (Eds.). **Case Studies in Applied Psychophysiology: Neurofeedback and Biofeedback Treatments for Advances in Human Performance** (pp.120-133). West Sussex, UK: Wiley –Blackwell.
 17. Blumenstein, B., & Orbach, I. (2012). Biofeedback training in sea. In A. Edmonds & G. Tenenbaum (Eds.). **Case Studies in Applied Psychophysiology: Neurofeedback and Biofeedback Treatments for Advances in Human Performance** (pp.134-143). West Sussex, UK: Wiley –Blackwell.
 18. Orbach, I., Lidor, R., & Bar-Eli, M. (2003). Cognitive aspects in mental preparation: Attention, anxiety, and self-confidence. In R. Lidor (Ed.), **Motor Behavior: Psychological and sociological aspects**. Jerusalem: Magnes.

19. Singer, R.N., & Orbach, I. (1999). Persistence, excellence, and fulfillment. In R. Lidor & M. Bar-Eli (Eds.), **Sport psychology: Linking theory and practice**. Morgantown, WV: Fitness Information Technology.

Articles in Peer Reviewed Journals

1. Blumenstein, B., & Orbach, I. (2019). Biofeedback/Neurofeedback: Multimodal Biofeedback Technologies. In D.Hackfort, R. Schinke & B. Strauss (Eds.). **International Dictionary of Sport Psychology**. Elsevier. ISBN: 9780128131503
2. Blumenstein, B., & Orbach, I. (2018). Periodization of psychological preparation within the training process. **International Journal of Sport & Exercise Psychology**, 16(2), DOI:10.1080/1612197X.2018.1478872. (RG I.F. 1.52, I.F. 2014 1.78)
3. Blumenstein, B., Orbach, I., Ifergan N., Israel, R., & Moran, D. (2018). Physical activity through games as a way to cope with anxiety among elementary pupils. **Mehkarey Hagivaa**, 301-313 (Hebrew).
4. Blumenstein, B., Orbach, I., Gelinski, Y., Shemer, Y., Moran, D., & Weinstein, Y. (2018).The effect of mental relaxation and imagery on free throw shooting accuracy among young basketball players. **Applied research in coaching and athletics annual**, 33, 1-12. ISSN: 1546-2323
5. Blumenstein, B., Orbach, I., Aaron, R., Weinstein, Y., & Moran, D. (2017). The effect of biofeedback training on anxiety in physical education teachers. **MOJ Yoga & Physical Therapy**, 2(3), 00022.DOI:10.15406/mojypt.2017.02.00022
6. Bujak, Z., Gierczuk, D., Orbach, I, & Blumenstein, B. (2016). Professional activities of the European taekwondo coach: Comparative analysis. **Sport Science Review**, vol.XXIV, no.5-6,305-320. DOI: 10.1515/ssr-2015-0021.
7. Blumenstein, B., Orbach, I., Moran, D., Ziv, D., & Weinstein, Y. (2016). The effect of preperformance routines on self- and externally-paced tasks in adolescent physical education students. **Applied research in coaching and athletics annual**, 31, 1-21.
8. Blumenstein, B., & Orbach, I. (2016). Professional coach: The link between science and media. **Sport Science Review**, vol.XXV,no.1-2,73-84. DOI: 10.1515/ssr-2016-0004.
9. Blumenstein,B., & Orbach,I. (2016). Mental preparation to Olympic Games: International perspective. **Elite Sport**, Wingate Institute, 7, 60-64. (Hebrew)
10. Blumenstein, B., & Orbach, I. (2015). Psychological preparation program for Paralympic athletes: Case studies of counseling table-tennis and sailing athletes. **Adapted Physical Activity Quarterly**, 32, 241-255. (I.F. 1.610, SJR 2017=0.89)
11. Blumenstein, B., & Orbach, I. (2014). Psychological preparation of football referees. **Sport Science Review**, vol.XXIII, no.3-4,113-126.

12. Blumenstein, B., & Orbach, I. (2013). Mental training is part of athletic preparation: LMA approach. **Elite Sport**, Wingate Institute, 46-52. (Hebrew)
13. Blumenstein, B., Orbach, I., Bar-Eli, M., Dreshman, R., & Weinstein, Y. (2012). High-level coaches' perceptions of their professional knowledge, skills and characteristics. **Sport Science Review**, XXI(5-6), 5-27.
14. Orbach, I., & Blumenstein, B. (2012). Motivation of youth girl's athletes in competition sport: Athena Top Team. **Elite Sport**, Wingate Institute, 30-36. (Hebrew)
15. Blumenstein, B., & Orbach, I. (2010). The profile of the professional coach. **Applied research in coaching and athletics annual**, 25, 213-230.
16. Carmeli, E., Orbach, I., Zinger-Vaknin, T., Morad, M., & Merrick, J. (2007). Physical training and well-being in older adults with mild intellectual Disability: A residential care study (OnlineEarly Articles). **Journal of Applied Research in Intellectual Disabilities**. Retrieved from <http://www.blackwell-synergy.com/doi/abs/10.1111/j.1468-3148.2007.00416.x>.
17. Orbach, I., Price, S., & Singer, R.N. (1999). An attribution training program and achievement in sport. **The Sport Psychologist**, 13, 69-82. (I.F. 2015 1.40)
18. Mehta, J.L., & Orbach, I. (1999). Role of "new" risk factors in coronary artery disease. **Indian Heart Journal**, 51, 261-267.
19. Orbach, I., Singer, R.N., & Murphey, M. (1997). Changing attributions with an attribution training technique related to basketball dribbling. **The Sport Psychologist**, 11, 294-304. (I.F. 2015 1.40)

Publications in Congress Proceedings and Book of Abstracts

1. Orbach, I. Blumenstein, B., Yanilov-Eden, O., & Ronen, E. Female Adolescents" Perspectives on the Barriers and Facilitators of Sport Participation. **Congress proceeding of the International Conference on Women's Sport Participation and Gender Equality**, p....., 26-27 March, 2019, Madrid, Spain.
2. Orbach, I. Mental preparation in competitive sport: The LMA approach. **Congress proceeding of the International Conference on Sports Medicine**, p. , Wingate Institute, 2016, Netanya, Israel.
3. Blumenstein, B., Orbach, I., Aaron, R., Weinstein, Y., Elisha, P., & Moran, D. The effect of biofeedback training on the anxiety of physical education teachers. **Congress proceeding of the 4th Wingate Congress of Exercise and Sport Sciences**, p.42, Wingate Institute. 2-5, June, 2016.

4. Blumenstein, B., & Orbach, I. Psychological Preparation for Israeli Paralympic Athletes. **Book of abstracts from 2015 ISAPA Congress**, Wingate Institute, 11-15 June, 2015.
5. Blumenstein, B., & Orbach, I. A Psychological Preparation Program for Football Referees: A Pilot Study. **Book of abstracts from 3d Wingate Congress of Exercise and Sport Sciences**, p.102, Wingate Institute. 12-15, June, 2014.
6. Blumenstein, B., Orbach, I., Tsung-Min Hun, P., Werthner, P., & Christie, S. Biofeedback in sport. **Abstracts of the ISSP 13th World Congress of Sport Psychology**, pp. 42-43, July 21-26, 2013. Beijing Sport University.
7. Blumenstein, B., & Orbach, I. Biofeedback Training in Athletic Preparation: LMA Approach. **Abstracts of the ISSP 13th World Congress of Sport Psychology**, pp. 42-43, July 21-26, 2013. Beijing Sport University.
8. Blumenstein, B. & Orbach, I. Psychological Skills Training in Sport: A Three-Phase Approach. **Proceeding of the 2012 Wingate Congress**, 15-18, March, 2012, Wingate Institute.
9. Blumenstein, B., Pilz-Burstein, R., Orbach, I., Zach, S., Zeev, A., & Gircyte, I. The Israeli Coach's Self-Evaluation: A Comparative Analysis. **Proceeding of the 2010 Wingate Congress of Exercise and Sport Sciences**, p.127, 3-6 June, 2010, Wingate Institute
10. Orbach, I., Blumenstein, B., & Shinuk, A. The motives for participation in sport among young girls. **Proceeding of the 2010 Wingate Congress of Exercise and Sport Sciences**, p.108, 3-6 June, 2010, Wingate Institute.
11. Blumenstein, B., Orbach, I., Shargal, E., Zigel, L., & Shinuk, A. The effect of Normobaric Hypoxia Training on Mood. **Proceeding of the 2010 Wingate Congress of Exercise and Sport Sciences**, p.127, 3-6 June, 2010, Wingate Institute.
12. Blumenstein, B., Zach, S., Burstein, R., Orbach, I., & Gircyte, I. A Comparative Analysis of Different Coach Profiles. **CD-Rom, the 12th ISSP World Congress of Sport Psychology**, Marrakesh, June, 17-21, 2009, Morocco.
13. Orbach, I. Anxiety Research: Which Measurement Tools to Use? **Proceedings of the 2000 conference of the Association for the Advancement of Applied Sport Psychology**, p. 87, 2000, Nashville, TN.
14. Orbach, I., Janelle, C.M., Frehlich, S.G., Barba, D.A., & de la Pena, D. (2000). Diversity in the Sport Psychology Degree. **Proceedings of the 2000 conference of the Association for the Advancement of Applied Sport Psychology**, pp. 25-26, 2000, Nashville, TN.
15. Orbach, I., Price, S., & Singer, R.N. The implications of an attribution training program in sport: Phase II. **Proceedings of the IX World Congress of the International Society of Sport Psychology**, pp. 528-530, 1997, Natanya, Israel.

16. Orbach, I., & Singer, R.N. The relationship between self-confidence and competitive anxiety as influencing sport performance. **Proceedings of the IX World Congress of the International Society of Sport Psychology**, pp. 531-533, 1997, Natanya, Israel.
17. Orbach, I., Price, S., & Singer, R.N. The implications of an attribution training program for achievement in sport: Phase I. **Journal of Applied Sport Psychology**, 8 (supplement), S70, 1996.
18. Orbach, I., Singer, R.N., & Murphey, M. Changing attributions with an attribution training technique related to basketball dribbling. **Proceedings of the 38th World Congress of the International Council for Health, Physical Education, Recreation, Sport & Dance**, 1995, Gainesville, FL.

Publications: Popular (selected)

הפסקתי לעדכן...

אורבך, א. (2012). טור שבועי קבוע בעיתון "מעריב" בנושא בריאות מנטאלית.

אורבך, א. (26.6.11). "החוליה החסרה בדרך לאורח חיים בריא".

<http://www.wingate.org.il/Index.asp?CategoryID=131&ArticleID=5822&SearchParam>

אורבך

בלומינשטיין, ב., ואורבך, א. (30.1.11). "אספקטים מנטאליים בריצת המרתון". אינטרנט, וינגייט.

<http://www.wingate.org.il/Index.asp?ArticleID=5695&CategoryID=130>

אורבך, א. (18.11.10). "לנטרל את הפחד מכישלון". אינטרנט, וינגייט.

<http://www.wingate.org.il/Index.asp?ArticleID=5171&CategoryID=267>

בלומינשטיין, ב., ואורבך, א. (נובמבר, 2010). "גישת חמשת הצעדים של וינגייט להתמודדות עם לחץ". ישראל בכושר.

אורבך, א. (27.10.10). "כיצד ניתן להעלות את מספר הילדים שנהנים מספורט?". אינטרנט, וינגייט.

<http://www.wingate.org.il/Index.asp?ArticleID=5522&CategoryID=130>

אורבך, א., ובלומינשטיין, ב. (5.8.10). "מה מניע בנות להתמיד בספורט?", אינטרנט, וינגייט.

<http://www.wingate.org.il/Index.asp?CategoryID=130&ArticleID=5443&SearchParam> אורבך

אורבך, א., וכהן, ר. (27.6.10). "הופ קטנטנים", מגאזין סגנון, עיתון מעריב.

אורבך, א. (12.4.09). "אני רק שאלה: אתם שואלים המומחים משיבים", עיתון מעריב.

אורבך, א. (מרץ, 2009). "שילוב מוסיקה באימונים מעלה את הסיבולת ב-15%-20%", אינטרנט, וינגייט.

<http://www.wingate.org.il/Index.asp?ArticleID=4661&CategoryID=105>

אורבך, א. (2009). "מוסיקה מעלה את רמת הסיבולת באימונים". אתר שוונג.

אורבך, א. (2009). "חשיבות המשפחה בהתפתחות הילדה הספורטאית", דינמי און ליין.

אורבך, א. (2009). "הכנה מנטאלית לכדורגלן הצעיר", מכבי תל-אביב.

אורבך, א. (10.01.09). "כיצד ניתן להפנות חרדה לאפיקים חיוביים?", דינאמי און ליין.

[=http://www.wingate.org.il/Index.asp?CategoryID=638&ArticleID=4565&SearchParam](http://www.wingate.org.il/Index.asp?CategoryID=638&ArticleID=4565&SearchParam)

[אורבך](#)

אורבך, א. (2009). "פרופיל אישי", עיתון מעריב.

Presentation of Papers at Scientific Conferences/Meetings (oral or poster)

1. Orbach, I. **Periodization as a guiding principle in mental preparation for excellence.** Presented as part of the Military Sports Medicine Session at the Sports Med 2019, Annual Conference of the Society of Sports Medicine in Israel, 31 December, 2019, Kfar-Hamakabiya, Israel.
2. Orbach, I. **Periodization outside the box: The mental perspective.** Presented at the National Congress of Sports Performance & Science of Coaching, 18-19 December, 2019, Wingate Institute, Israel.
3. Orbach, I. **Mental preparation in sport** (workshop). Presented at the National Congress of Sports Performance & Science of Coaching, 18-19 December, 2019, Wingate Institute, Israel.
4. Orbach, I. Chair: **name of session.** International Conference on Women's Sport Participation and Gender Equality, 26-27 March, 2019, Madrid, Spain.
5. Orbach, I. Blumenstein, B., Yanilov-Eden, O., & Ronen, E. **Female Adolescents' Perspectives on the Barriers and Facilitators of Sport Participation.** Presented at the International Conference on Women's Sport Participation and Gender Equality, 26-27 March, 2019, Madrid, Spain.
6. Orbach, I. **Mental preparation in competitive sport: The LMA approach.** Presented at the International Conference on Sports Medicine, Wingate Institute, 2016, Netanya, Israel.
7. Orbach, I. **Sport motivation among youth female athletes.** Presented at the ATHENA conference, 2016, Tel-Aviv.

8. Blumenstein, B., Orbach, I., Aaron, R., Weinstein, Y., Elisha, P., & Moran, D. **The effect of biofeedback training on the anxiety of physical education teachers.** Presented at the 4th Wingate Congress of Exercise and Sport Sciences, Wingate Institute. 2-5, June, 2016, Netanya, Israel.
9. Blumenstein, B., & Orbach, I. **Psychological Preparation for Israeli Paralympic Athletes.** Presented at the 20th International Symposium on Adapted Physical Activity, 11-15 June, 2015, Netanya, Israel.
10. Blumenstein, B., & Orbach, I. **A Psychological Program for Football Referees: A Pilot Study.** Presented to the III Wingate Scientific Congress, 12 -15 June, 2014, Wingate Institute, Israel.
11. Blumenstein, B., & Orbach, I. **Biofeedback Training in Athletic Preparation: LMA Approach.** Presented to the ISSP 13th World Congress of Sport Psychology, July 21-26, 2013, Beijing Sport University.
12. Blumenstein, B., Orbach, I., Tsung-Min Hun, Werthner, P., & Christie, S. **Biofeedback in sport.** Presented to the ISSP 13th World Congress of Sport Psychology, July 21-26, 2013, Beijing Sport University.
13. Blumenstein, B. & Orbach, I. **Psychological Skills Training in Sport: A Three-Phase Approach.** Presented at the 2012 Wingate Congress, Wingate Institute.
14. Orbach, I. (2010). **The psychological well-being in training elite athletes and elite worriers.** Paper presented at the International Symposium on Sports Medicine. Ramat-Gan, Israel.
15. Orbach, I., Blumenstein, B., & Shani, A. (2010). **The motives for participation in sport among among young girls.** Wingate Congress, Wingate, Israel.
16. Blumenstein, B., Pilz-Burstein, R., Orbach, I., Zach, S., Zeev, A., & Gircyte, I. (2010). **The Israeli coach's self-evaluation: A comparative analysis.** Wingate Congress, Wingate, Israel.
17. Blumenstein, B., Orbach, I., Shargal, E., Zigel, I., & Shinuk, A. (2010). **The effect of Normobaric hypoxia training on mood.** Wingate Congress, Wingate, Israel.
18. אורבך, א. (2010). **הבדלים מגדריים בהתמודדות עם מצבי לחץ.** כנס חצי שנתי של החברה הישראלית לרפואת ספורט, ישראל.
19. Blumenstein, B., Zah, S., Burstein, R., Orbach, I., & Gircyte, I. (2009). **A Comparative Analysis of Different Coach Profiles.** CD-Rom, the 12th ISSP World Congress of Sport Psychology, Marrakesh, June, 17-21, Marocco.
20. Orbach, I. (2009). **Enhance mental toughness in athletes.** Paper presented at the International Symposium on Sports Medicine, Sheffayim, Israel.

21. Orbach, I. (2008). **The psychological role in training elite athletes and elite worriers.** Paper presented at the International Symposium on Sports Medicine, Tel-Aviv, Israel.
22. Orbach, I. (2008). **How to increase motivation among girls who participate in sport.** Paper presented at the International Symposium on Sports Medicine, Tel-Aviv, Israel.
23. Orbach, I. (2004). **Attribution Training as a Tool to Increase Motivation.** New England Aqua Net Conference, Boston, MA
24. Orbach, I. (2002). **How Can an Effective Goal Setting System Help Reduce Stress?** Salem State College Opening Day, Salem, MA.
25. Orbach, I. (2000). **Anxiety Research: Which Measurement Tools to Use?** Paper presented at the 15th annual conference of the Association for the Advancement of Applied Sport Psychology, Nashville, TN.
26. Orbach, I., Janelle, C.M., Frehlich, S.G., Barba, D.A., & de la Pena, D. (2000). **Diversity in the Sport Psychology Degree.** Paper presented as part of a symposium at the 15th annual conference of the Association for the Advancement of Applied Sport Psychology, Nashville, TN.
27. Economos, C., Goldberg, J., Must, A., Dywer, J., & Orbach, I. (2000). **Beat Osteoporosis: Nourish and Exercise Skeletons.** Paper presented at the Partnerships for Health in the New Millennium Conference, Washington, DC.
28. Orbach, I., & Singer, R.N. (1999). **Self-confidence and anxiety based on the cusp catastrophe model.** Paper presented at the 106th annual conference of the American Psychological Association, Boston, MA.
29. Orbach, I., Price, S., & Singer, R.N. (1997). **The implications of an attribution training program in sport: Phase II.** Paper presented at the IX World Congress at the International Society of Sport Psychology, Natanya, Israel.
30. Orbach, I., & Singer, R.N. (1997). **The relationship between self-confidence and competitive anxiety as influencing sport performance.** Paper presented at the IX World Congress of the International Society of Sport Psychology, Natanya, Israel.
31. Orbach, I., Price, S., & Singer, R.N. (1996). **The implications of an attribution training program for achievement in sport: Phase I.** Paper presented at the 11th annual conference of the Association for the Advancement of Applied Sport Psychology, Williamsburg, VA.
32. Duda, J., McAuley, E., Singer, R.N., & Orbach, I. (1995). **Self-perceptions in sport and exercise.** Paper presented as part of a symposium entitled "Self-Perceptions in Sport and Exercise" at the 103rd annual conference of the American Psychological Association, New York, NY.

33. Orbach, I., Singer, R.N., & Murphey, M. (1995). **Changing attributions with an attribution training technique related to basketball dribbling.** Paper presented at the 38th World Congress of the International Council for Health, Physical Education, Recreation, Sport, & Dance, Gainesville, FL.

Invited Public Lectures (selected)

- הפסקתי לעדכן...
הרצאה לאיגוד הישראלי לפסיכופיזיולוגיה ומשוב ביולוגי (2017)
- הרצאות בתחומים שונים הקשורים לבריאות מנטאלית ופסיכולוגיה של הספורט (1999-הווה)
- הרצאות לאחיות (2011-2012)
- סדרת הרצאות בנושאי מוטיבציה ובריאות מנטאלית למדריכים ועובדים סוציאליים העובדים עם תשושי נפש במסגרת פרויקט של משרד הבריאות (2012).
- סדרת הרצאות בנושאי ביטחון עצמי, מוטיבציה, ניהול לחצים ותקשורת בונה למאמנים במסגרת פרויקט של משרד הבריאות, (2011-2012).
- "התמודדות עם מצבי לחץ – שיטת חמשת הצעדים של וינגייט", הרצאה לנשות שגרירים, וינגייט, 15.2.11.
- "פעילות גופנית כמקדמת אורח חיים בריא", הרצאה לתלמידי כיתת ספורט (י'), וינגייט, 31.1.11.
- "פעילות גופנית כאורח חיים", הרצאה למדריכי נוער מעמק הירדן, וינגייט, 13.10.10.
- "ההנעה לשינוי", הרצאה למדריכים למתמודדים במסגרת יום עיון מטעם משרד הבריאות, וינגייט, 11.7.10.
- "פסיכולוגיה של הספורט: התמודדות עם מצבי חרדה", הרצאה לעובדי מלון קינג דייויד בירושלים, וינגייט, 24.5.10.
- "יצירת אקלים מנטאלי חיובי בזמן אימון ובזמן משחק בקרב ילדים-שחקנים", הרצאה למאמנים ביוקנעם במסגרת פרויקט מטעם משרד הבריאות, יוקנעם, 11.5.10.
- "בנות ספורטאיות", הרצאה במסגרת צהרידע, וינגייט, 9.3.10.
- "פסיכולוגיה של הספורט: התמודדות עם מצבי חרדה", הרצאה לעובדי משרד התקשורת, וינגייט, 15.2.10.
- "פסיכולוגיה של הספורט", הרצאה למאמני כדורגל, מודיעין, 8.2.10.
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"השתתפות ילדים בספורט: יחסים בין הורים לילדים ספורטאים", הרצאה להורים וילדים בבית הספר העירוני ב' ע"ש יצחק רבין, מודיעין, 29.1.10.

"פסיכולוגיה של הספורט", הרצאה לילדי מגמת ספורט ממודיעין, וינגייט, 28.10.09.

"התמודדות עם מצבי לחץ והצבת יעדים", הרצאה לעובדי מכון וינגייט, 18.3.09.

הרצאה לשחקני גולף, מועדון הגולף קיסריה.

Interviews (selected): Media (T.V., radio)

אינספור ראיונות טלוויזיונים ורדיו...

ערב חדש, תוכנית ראיונות (2013)

רדיו: ראיונות (2010-הוו)

"אספקטים מנטאליים של ריצה בגיל ה-40", תוכנית החדשות של אושרת קוטלר, ערוץ 10, 17.1.11

"20 ק"מ באופניים ביום חוסכים 1.3 טונה גזי חממה בשנה", עיתון TheMarker, 22.9.10

http://www.themarker.com/tmc/article.jhtml?log=tag&ElementId=skira20100922_1190387

"השפעת המוזיקה על רמת ביצוע באימון", במסגרת התוכנית "אורח חיים בריא" של ענת הראל, רדיו תל-אביב FM102, 27.2.10

"ילדים ופעילות גופנית", במסגרת התוכנית "אורח חיים בריא" של ענת הראל, רדיו תל-אביב FM102, 2010.

"התמודדות עם דיכאון", במסגרת התוכנית "אורח חיים בריא" של עופרה נחמד, רשת ב, 2009.

"פעילות גופנית ככלי להתמודדות עם מצבי לחץ וחרדה" במסגרת התוכנית "אורח חיים בריא" של עופרה נחמד, רשת ב, 2009.

Manuscript Review Experience

- Journal of Sports Behavior (2002-present).
- Collegium Antropologicum Journal (Zagreb-CROATIA) (2001).

Professional Committees

- Educational Review Committee, College of Management, Academic Studies, 2018-present.
- Educational Review Committee, Wingate Institute, 2011-present.
- Committee of physical educational program, Kefar Shemaryahu, 2011-2012.
- Election Committee, Salem State College, 2004-2007.
- Honors Program Advisory Committee, Salem State College, 2004-2007.

- Student Scholarship, Salem State College, 2004-2007.
- Search Committees (temporary and tenure track positions), Sport, Fitness and Leisure Studies Department, Salem State College, 2004-2007.
- Athletic Council, Salem State College (2002-2004):
Responsible for oversight of all policies regarding student-athlete issues.
- Graduate Research, Salem State College (2002-2004):
Responsible for distributing grant money to Salem State Faculties, planning a graduate research day.
- Nominations Committee, Salem State College (2000-2004).
- Salem State Sport, Fitness, Leisure Studies Communications Liaison for School of Arts and Sciences (2002-2003).
- O’Keefe Complex Policy and Procedure Committee, Salem State College (2000-2001).
- Regional representative for the Association for the Advancement of Applied Sport Psychology (1996-1997).
- Charter Member – Applied Research in Exercise and Sport Psychology Group, Motor Behavior Club, University of Florida, Gainesville, FL (1996-1999).

Advisement

- Responsible for 10-15 SFL advisees at Salem State College.
- Advising students working towards their Bachelors as well as Mater Degrees.

Professional Membership

- Massachusetts Teachers Association Union, Salem Chapter, 2000-2007.
- Association for the Advancement of Applied Sport Psychology (AASP), 1994-present.
- International Society for Sport Psychology (ISSP), 1996-present.
- American Alliance for Health, Physical Education, Recreation, & Dance, 2002-present.
- American Association for Active Lifestyles and Fitness, 2002-present.
- National Association for Sport & Physical Education, 2002-present.
- American Psychological Association (APA), Division of Exercise and Sport Psychology, 1994-2001.

Consulting Experience

Examples of the skills and strategies that I teach include the following:

- Self-confidence and motivation techniques
- Adherence
- Concentration and attentional focus skills

- Effective goal setting protocols/Time management/Decision making
- Imagery and visualization skills
- Stress/anxiety management
- Relaxation and energizing techniques
- Attribution training techniques/Self-perceptions

Psychological Skills Training:

- The academy for the development of sport giftedness, Wingate Institute: Basketball, triathlon, table tennis, judo, swimming (2010-present).
- Variety of various sports and levels including private work (2009-present).

Other Involvement

- יו"ר האיגוד לפסיכולוגיה של הספורט בישראל, 2019-הווה.
- ניהול פורום בפסיכולוגיה של הספורט, <http://www.wingate.org.il/Index.asp?CategoryID=1254>
- יו"ר המושב "פסיכולוגיה ואתיקה ברפואת ספורט", כנס חצי שנתי של החברה הישראלית לרפואת ספורט, 2010.
- Collaboration with Harvard University, Bentley College, and the Athletic Department in Salem State College in collecting data/consulting services, 2003-2007.
- Represented the Sport, Fitness and Leisure Studies Department, Salem State College, in College Core Curriculum Sessions, 2003.
- Prepared a grant proposal for the Sport, Fitness and Leisure Studies Department, Salem State College, for special programs during the 150th celebration of the college, 2003.
- Supporting the Annual North Shore Wellness Fair, Salem State College, 2001-2007.
- Attended various workshops for professional development, Salem State College, 2001-2007: Examples of the workshops are "Diversity in the Classroom", "Rubrics Use for Assessment", "Technology Workshop", "Towards a Paperless Classroom", "Competency to Proficiency: The P3 Portfolio System for Professionals", "Preparing for Promotion and/or Tenure Process"

Awards

- Certificate of Best Presentation Award, ICWSPEG 2019: International Conference on Women's Sport Participation and Gender Equality, March 2019, Madrid, Spain.
- Award for Research Contribution to ICWSPEGE 2019: International Conference on Women's Sport Participation and Gender Equality, March 2019, Madrid, Spain.
- Award for Scholarly Achievement from the Academic Affairs, Salem State College, Spring 2003, 2004, 2005.

- Assistantship award from the Graduate School, Salem State College, Fall 2003.
- Graduate Student Teaching Award, Exercise and Sport Sciences Department, University of Florida, 1998.

Certifications

- Coaching אישי/קבוצתי וניהולי/ארגוני, המרכז הישראלי לניהול (המי"ל), בית הספר למנהלים ואיגוד המאמנים המקצועיים בישראל (איק"א).
- Reality Therapy, American Counseling Association.
- Team Building in Exercise and Sport Psychology, Association for the Advancement of Applied Sport Psychology.
- Sports Center Administrator, Wingate Institute for Physical Education & Sport.
- Health Club and Fitness, Wingate Institute for Physical Education & Sport.
- Pool Maintenance, Wingate Institute for Physical Education & Sport.