



**Name:** Iris Orbach

**Date:** November 2024

## **CURRICULUM VITAE**

### **Personal Details**

Electronic Address: iorbach15@gmail.com

### **Higher Education**

#### **A. Undergraduate and Graduate Studies**

**1988-1992, B.A. in Arts Degree**

Specialization in cognitive psychology

Faculty of Humanities

Tel-Aviv University, Tel-Aviv, Israel

**1993-1995, M.S. in Exercise and Sport Sciences**

Specialization in sport and exercise psychology

College of Health and Human Performance

University of Florida, Gainesville, FL, USA

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

#### **B. Doctoral Degree**

**1995-1998, Ph.D.**

Specialization in sport and exercise psychology

College of Health and Human Performance

University of Florida, Gainesville, FL, USA

University of Florida, Gainesville, FL, USA

Dissertation: The relationship between self-confidence and competitive anxiety in influencing sport performance. 21 citations.

#### **C. Other Education**

- Biofeedback Therapist, The Israeli Association for Applied Psychophysiology and Biofeedback.
- Coaching Certificate: Personal and Organizational, The Israeli Center for Management.
- Reality Therapy Certificate, 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.

## **Academic Ranks and Tenure in Institutes of Higher Education**

<b>Dates</b>	<b>Institution and Department</b>	<b>Rank/Position</b>
2000-2007	Sport, Fitness & Leisure Studies Department, Salem State University, USA	Assistant Professor (tenure track)
2008-2010	School of Social Sciences & Management, Ruppin Academic Center	Adjunct Faculty
2009-2021	The Net Holman School for Coaches and Instructors, Wingate Institute	Lecturer
2018-present	School of Behavioral Sciences, College of Management, Academic Studies, Israel	Senior Lecturer

## **Offices in Academic Administration**

- Sport Psychology Researcher/Consultant (2008-present), Department of Behavioral Sciences, Ribstein Center of Sport Medicine Sciences and Research, Wingate Institute
- Head of Health Promotion Program (2010-2021), The Nat Holman School for Coaches and Instructors, Wingate Institute
- Education Review Committee (2011-2020), Wingate Institute
- Head of MA program in "Master of Psychology in Sport and Exercise"(2018-present), School of Behavioral Sciences, College of Management, Academic Studies
- Educational Review Committee (2018-present), College of Management, Academic Studies
- Program Chairs Committee (2019-present), College of Management, Academic Studies
- Head of the Department of Behavioral Sciences (2020-present), Ribstein Center of Sport Medicine Sciences and Research, Wingate Institute

## **Scholarly Positions and Activities outside the Institution**

### **Professional Organizations:**

President (elected) of the Israeli Society of Sport and Performance Psychology, 2020-present

### **Professional Membership:**

- American Psychological Association (APA), Division of Exercise and Sport Psychology, 1994-2010.
  - Association for the Advancement of Applied Sport Psychology (AASP), 1994-present.
  - International Society for Sport Psychology (ISSP), 1996-present.
  - Massachusetts Teachers Association Union, Salem Chapter, 2000-2007.
-



- American Alliance for Health, Physical Education, Recreation, & Dance, 2002-2010.
- American Association for Active Lifestyles and Fitness, 2002-2010.
- National Association for Sport & Physical Education, 2002-2010.

**Manuscript Review Experience:**

- Collegium Antropologicum Journal (Zagreb-CROATIA) (2001).
- Journal of Sports Behavior (2002-present).
- International Journal of Sport and Exercise Psychology (2020-present).

**Participation in Scholarly Conferences**

a. **Active Participation**

<b>Date</b>	<b>Name of Conference</b>	<b>Place</b>	<b>Subject of Lecture/Discussion</b>	<b>Role</b>
July 1995	The 103 <sup>rd</sup> Annual Conference of the American Psychological Association	New York, NY	Self-perception in sport and exercise	Presenter in a symposium
July 1995	The 38 <sup>th</sup> World Congress of the International Council for Health, Physical Education, Recreation, & Dance	Gainesville, FL, USA	Changing attributions with an attribution training technique related to basketball dribbling	Presenter
July 1996	The 11 <sup>th</sup> Annual Conference of the Association for the Advancement of Applied Sport Psychology	Williamsburg, VA	The implications of an attribution training program for achievement in sport: Phase I	Presenter
July 1997	IX World Congress at the International Society of Sport Psychology	Israel	The implications of an attribution training program in sport: Phase II	Presenter
July 1997	IX World Congress at the International Society of Sport Psychology	Israel	The relationship between self-confidence and competitive anxiety as influencing sport performance	Presenter
June 1999	106 <sup>th</sup> Annual Conference of the American Psychological Association	Boston, MA	Self-confidence and anxiety based on the cusp catastrophe model	Presenter
July 2000	15 <sup>th</sup> Annual Conference of the Association for the Advancement of Applied Sport Psychology	Nashville, TN	Anxiety research: Which measurement tools to use?	Presenter
July 2000	15 <sup>th</sup> Annual Conference	Nashville, TN	Diversity in the sport	Presenter in a



	of the Association for the Advancement of Applied Sport Psychology		psychology degree	symposium
May 2000	Partnerships for health in the New Millennium Conference	Washington, DC	Beat osteoporosis: Nourish and exercise skeletons	Author
June 2002	Salem State College Conference	Salem, MA	How can an effective goal setting system help reduce stress	Presenter
July 2004	New England Aqua Net Conference	Boston, MA	Attribution training as a tool to increase motivation	Presenter
May 2008	International Symposium on Sports Medicine	Israel	The psychological role in training elite athletes and elite warriors	Presenter
May 2008	International Symposium on Sports Medicine	Israel	How to increase motivation among girls who participate in sport	Presenter
June 2009	The 12 <sup>th</sup> ISSP World Congress of Sport Psychology	Morocco	A comparative analysis of different coach profiles	Author
May 2009	International Symposium on Sports Medicine	Israel	Enhance mental toughness in athletes	Presenter
July 2010	International Symposium on Sports Medicine	Israel	The psychological well-being in training elite athletes and elite warriors	Presenter
July 2010	Wingate Congress	Israel	The motives for participation in sport among young girls	Presenter
July 2010	Wingate Congress	Israel	The Israeli coach's self-evaluation: A comparative analysis	Presenter
July 2010	Wingate Congress	Israel	The effect of Normobaric hypoxia training on mood	Presenter
May 2010	Semi Annual Conference of the Society of Sport Medicine	Israel	Gender differences dealing with stressful situations	Presenter
May 2010	Semi Annual Conference of the Society of Sport Medicine	Israel	Psychology and Ethics in Sport Medicine	Chair of symposium
June 2012	Wingate Congress	Israel	Psychological skills training in sport: A three-phase approach	Presenter
July 2013	ISSP 13 <sup>th</sup> World Congress of Sport Psychology	Beijing, China	Biofeedback training in athletic preparation: LMA approach	Author
July 2013	ISSP 13 <sup>th</sup> World Congress of Sport Psychology	Beijing, China	Biofeedback in sport	Author
June 2014	3 <sup>rd</sup> Wingate International Scientific	Israel	A psychological program for football referees: A pilot study	Presenter



	Congress			
June 2015	20 <sup>th</sup> International Symposium on Adapted Physical Activity	Israel	Psychological preparation for Israeli Paralympic athletes	Presenter
June 2016	International Conference on Sports Medicine	Israel	Mental preparation in competitive sport: The LMA approach	Presenter
June 2016	ATHENA conference	Israel	Sport motivation among youth female athletes	Presenter
June 2016	4 <sup>th</sup> Wingate International Congress of Exercise and Sport Sciences	Israel	The effect of biofeedback training on the anxiety of physical education teachers	Presenter
<b>קבלת דרגת מרצה בכיר ב-2018</b>				
March 2019	International Conference on Women's Sport Participation and Gender Equality	Madrid, Spain	Female adolescents' perspectives on the barriers and facilitators of sport participation	Presenter
Dec. 2019	Annual Conference of the Society of Sports Medicine in Israel	Israel	Periodization as a guiding principle in mental preparation for excellence	Presenter
Dec. 2019	National Congress of Sports Performance & Science of Coaching	Israel	Periodization outside the box: The mental perspective	Presenter
Oct. 2021	International Society of Sport Psychology	Taipei, Taiwan (zoom)	Biofeedback Training as Part of the Five-Stage PST Model	Presenter in a symposium
Oct. 2021	International Society of Sport Psychology	Taipei, Taiwan (zoom)	Biofeedback Training as an Integral Part of Psychological Preparation within the Training Process	Chair of symposium
Sept. 2021	International Society of Sport Psychology	Taipei, Taiwan (zoom)	Motivational Factors in Competitive Sport among Female Youth Athletes	Presenter
June 2023	Global Conference on Gender and Sexuality Studies	Budapest, Hungary	Evolution of Young Female Athletes' Reasons for Participating in Judo and Basketball	Presenter

**b. Organization of Conferences or Sessions**

<b>Date</b>	<b>Name of Conference</b>	<b>Place</b>	<b>Subject/Role of Conference, Comments</b>	<b>Role</b>
June 2016	Wingate Congress of Exercise and Sport Sciences	Israel	Scientific Committee	Member
<b>קבלת דרגת מרצה בכיר ב-2018</b>				
March 2019	International Conference on Women's Sport Participation and Gender	Madrid, Spain	International symposium	Chair



	Equality			
December 2019	National Congress of Sports Performance & Sciences of Coaching	Israel	Mental preparation in sport, workshop	Presenter
January 2020	Advancing sport psychology in Israel	Israel	Seminar	Organizer
Oct. 2021	International Society of Sport Psychology	Taipei, Taiwan (zoom)	Biofeedback Training as an Integral Part of Psychological Preparation within the Training Process	Chair of symposium

## Research Grants

### a. Grants Awarded

Role in Research	Co-Researchers	Topic	Funded by/Amount	Year
Principal investigator	Prof. Boris Blumenstein	Motivation in competitive sport among female youth athletes (publications 2 + )	Funded by ATHENA, 50,000 shekels	2015-2019
<b>קבלת דרגת מרצה בכיר ב-2018</b>				
Co-Researcher	Dr. Basevitz, Dr. Blatt	Decision making in team sport	College of Management, 5000 shekels	2021-2022
Principal Investigator		The effect of biofeedback training on self-regulation and performance enhancement among young female swimmers	Submitted to the Israel Ministry of Science & Technology for two years funding, 134,550 shekels	2022
Co-Researcher	Dr. Rotem Kisleve, Dr. Dana Adler	Identifying periods of high training load considering the menstrual cycle phases in elite and non-elite female athletes using measures of strength, fatigue, injury, psychological parameters, serum circulating metabolites and the intestinal microbiome	Israel Ministry of Science & Technology for two years funding, 150,000 shekels	2023



## **Scholarships, Awards and Prizes**

- Graduate Student Teaching Award, Exercise and Sport Sciences Department, University of Florida, 1998.
- Assistantship award from the Graduate School, Salem State College, Fall 2003.
- Award for Scholarly Achievement from the Academic Affairs, Salem State College, Spring 2003, 2004, 2005.

### **קבלת דרגת מרצה בכיר ב-2018**

- Award for Research Contribution to ICWSPGE 2019: International Conference on Women's Sport Participation and Gender Equality, March 2019, Madrid, Spain.
- Certificate of Best Presentation Award, ICWSPEG 2019: International Conference on Women's Sport Participation and Gender Equality, March 2019, Madrid, Spain.
- Researcher of the year, 2020-2021, the College of Management, Academic Studies.
- Excellence Faculty member of the School of Behavioral Sciences and Psychology, 2021-2022, the College of Management, Academic Studies.

## **Teaching**

### **a. Courses Taught in Recent Years**

<b>Year</b>	<b>Course Name</b>	<b>Type: Lecture/Seminar/Workshop/High Learn Course/Introduction</b>	<b>Degree</b>	<b>No. of Students</b>
2000-2007	Teaching 12 credit hours per semester in Salem State University	Lecture and applied courses	BA	30-50
2008-2010	Introduction to sport psychology	Lecture	BA	35-50
<b>קבלת דרגת מרצה בכיר ב-2018</b>				
2018-2020	Physical activity and emotional/cognitive function	Lecture	MA	30-43
2018-2023	Psychological parameters in exercise psychology	Lecture	MA	30-43
2018-2023	Interventions in sport and exercise psychology	Applied course	MA	15-22
2018-2023	Practicum	Applied course and supervision	MA	15-20

### **b. Supervision of Graduate Students**

<b>Name of Student</b>	<b>Title of Thesis</b>	<b>Degree</b>	<b>Completion Date / in Progress</b>	<b>Students' Achievements</b>
Kortik Naama	The effect of mental training on improvement in hand-stand among school female gymnastic team	MA (joined supervision with Prof. Blumenstein)	August 2015	Completed

Israel Rina	The effect of physical activity on the anxiety level among young children	MA (joined supervision with Prof. Blumenstein)	June 2016	Completed
Elbaz Tamar	The effect of mental training on improvement of penalty kick	MA (joined supervision with Prof. Blumenstein)	September 2016	Completed
Shamir Galit	The effect of individual lessons in physical education on the self-concept and physical fitness among children	MA (joined supervision with Prof. Burstein-Piltz)	September 2016	Completed
<b>קבלת דרגת מרצה בכיר ב-2018</b>				
Berkovitz Rinat	Proposal for an intervention program for improvement in self-concept and body image within physical education lessons among female students	MA (joined supervision with Prof. Blumenstein)	May 2018	Completed
Saadia Odelia	Biofeedback in sport: Scientific analysis	MA (joined supervision with Prof. Blumenstein)	September 2019	Completed
Ohana Netta	The effect of mental training on the percentage of successful free-throw shooting	MA (joined supervision with Prof. Blumenstein)	October 2019	Completed
Eldadi Omer	Interpersonal emotions in team sports: Effects of emotional contagion on emotions, collective efficacy, team cohesion, perceived effort, perceived performance and team achievement	MA (joined supervision with Prof. Tenenbaum)	January, 2020	Completed
Azriel Michael	The effect of mental training on the accuracy of free-throw shooting in basketball	MA (joined supervision with Prof. Blumenstein)	September 2020	Completed
Mordel Idan	Shared-mental-models in esports	MA (joined supervision)	October 2020	Completed





	teams	with Prof. Tenenbaum)		
Saar Gal	The effect of mindfulness meditation on running performance, running discomfort, perceived exertion and attention allocation in recreational runners	MA (joined supervision with Prof. Tenenbaum)	March 2021	Completed
Orit Bar Artvinsky	Physical balance training effects of self-efficacy and cognition in the elderly	MA (joined supervision with Prof. Tenenbaum)	May 2022	Completed

## **Professional Experience**

- Head of Sport Psychology On-Line Forum, Wingate Institute, 2010-present
- Collaboration with Harvard University, Bentley College, and the Athletic Department in Salem State University in collecting data/consulting services, 2003-2007

## **PUBLICATIONS**

### **Ph.D. Dissertation**

Title: "The Relationship between Self-Confidence and Competitive Anxiety in Influencing Sport Performance. 18 citations.

Year: 1998

Number of pages: 156

Language: English

University: University of Florida

Name of advisor: Prof. Robert Singer

Publication: E16, F13, F16

### **Scientific Books (Refereed)**

1. Blumenstein, B., & Orbach, I. (2012a). **Mental Practice in Sport: Twenty Case Studies**. Hauppauge, NY: Nova Science Publishers (174pp.) ISBN: 978-1-62100-324-3. 32 citations.
-



2. Blumenstein, B., & Orbach, I. (2012b). **Psychological Skills in Sport: Training and Application**, NY: Nova Science Publishers. ISBN: 978-1-62081-640-0. 33 citations.

## Authored Books

### Published

קבלת דרגת מרצה בכיר ב-2018

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. 24 citations.

## Articles in Refereed Journals

### Published

1. 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. 65 citations.
  2. Orbach, I., Price, S., & Singer, R.N. (1999). An attribution training program and achievement in sport. **The Sport Psychologist**, 13, 69-82. Q1, IF - 1.185, 85 citations.
  3. Mehta, J.L., & Orbach, I. (1999). Role of "new" risk factors in coronary artery disease. **Indian Heart Journal**, 51, 261-267. Q3, IF - 0.170.
  4. Carmeli, E., Orbach, I., Zinger-Vaknin, T., Morad, M., & Merrick, J. (2008). 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>. Q2, IF - 0.849, 28 citations.
  5. Blumenstein, B., & Orbach, I. (2010). The profile of the professional coach. **Applied research in coaching and athletics annual**, 25, 213-230.
  6. 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 citations.
  7. Blumenstein, B., & Orbach, I. (2014). Psychological preparation of football referees. **Sport Science Review**, vol.XXIII, no.3-4,113-126. 22 citations.
  8. 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. Q3, IF - 0.614, 45 citations.
  9. 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. 3 citations.
-



10. 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. 2 citations.
11. 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.
12. 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

#### קבלת דרגת מרצה בכיר ב-2018

13. 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
14. Blumenstein, B., & Orbach, I. (2020). Periodization of psychological preparation within the training process. **International Journal of Sport & Exercise Psychology**, 18(1), 13-23. doi:10.1080/1612197X.2018.1478872. Q2 (based on category Social Psychology Q1), IF (SJR) - 0.853; IF (Impact Score) - 2.92), 56 citations.
15. Orbach, I., Gutin, H., Hoffman, N., & Blumenstein, B. (2021). Motivation in competitive sport among female youth athletes. **Psychology** (special issue: Applied Sport & Exercise Psychology), 12, 943-958. IF – 1.81, 7 citations.
16. Orbach, I., & Blumenstein, B. (2021). Biofeedback training as part of the five-stage-PST model. **International Journal of Sport and Exercise Psychology**, 19, S98-S99. Q2, IF (SJR) – 0.892; IF (Impact Score) – 4.17.
17. Orbach, I., & Blumenstein Orbach, I., Gutin, H., Hoffman, N., & Blumenstein, I. (2022). Motivational obstacles and dropout among female youth athletes. **Psychology**, 13, 843-852. Doi: 10.4236/psych.2022.136057. IF – 1.81.
18. Orbach, I., & Blumenstein, B. (2022). Preparatory routine for emotional regulation in performance enhancement. **Frontiers in Psychology**, 13: 948512. Doi: 10.3389/fpsyg.2022.948512. Q2 (all areas of psychology), IF – 4.232, 4 citations.
19. Orbach, I., & Blumenstein, B. (2022). Sport psychology services for female youth athletes using the Five-Stage PST model during COVID 19. **Applied Research in Coaching and Athletics Annual**, 37, 1-28.
20. Orbach, I. (2023). Evolution of young female athlete's reasons for participating in judo and basketball. **Psychology & Psychological Research International Journal**. IF - 2.1564.

#### Foreigner Language

1. Singer, R. N., & Orbach, I. (2001). Perseveranza, eccellenza, e realizzazione. **SDS** 20(51), 28-38. (Spanish).
2. Orbach, I., & Blumenstein, B. (2012). Motivation of youth girl's athletes in competition sport: Athena Top Team. **Elite Sport**, Wingate Institute, 30-36. (Hebrew)



- Blumenstein, B., & Orbach, I. (2013). Mental training is part of athletic preparation: LMA approach. **Elite Sport**, Wingate Institute, 46-52. (Hebrew)
- Blumenstein, B., & Orbach, I. (2016). Mental preparation to Olympic Games: International perspective. **Elite Sport**, Wingate Institute, 7, 60-64. (Hebrew)

#### קבלת דרגת מרצה בכיר ב-2018

- 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)
- Orbach, I., & Blumenstein, B. (2021). The application of the periodization principle in mental preparation. **Elite Sport** (Hebrew)

### **E. Articles or Chapters in Scientific Books**

#### **(which are not Conference Proceedings)**

##### **Published**

- 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. 19 citations.
  - 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.
  - 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. 11 citations.
  - 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. 19 citations.
  - 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. 60 citations.
  - Blumenstein, B., & Orbach, I. (2014). Biofeedback/Neurofeedback. In R. Eklund & G. Tenenbaum (Eds.), **Encyclopedia of Sport and Exercise Psychology** (pp. 70-73). SAGE Publication.
  - 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.
  - 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. 8 citations.
-



## קבלת דרגת מרצה בכיר ב-2018

9. Blumenstein, B., & Orbach, I. (2018) Periodization of biofeedback training: New trends in athletic preparation. In Francesco Chiappelli (Ed.) (pp. 49-62). **Advances in psychobiology**. NY: Nova Science Publisher. 2 citations.
  10. Blumenstein, B., & Orbach, I. (2019). Chapter 3: Psychological preparation integration part of athletic training. In T. Bompá, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 62-75). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer & Meyer Sports.
  11. Bompá, T., Howell, S., Blumenstein, B., & Orbach, I. (2019). Chapter 1: Introduction to theory and methodology of sport training. In T. Bompá, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 12-22). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer & Meyer Sports.
  12. Hoffman, J., Howell, S., Bompá, T., Blumenstein, B., & Orbach, I. (2019). Chapter 4: Integration of psychology and nutrition in annual plans. In T. Bompá, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 76-88). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer & Meyer Sports.
  13. Bompá, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (2019). Chapter 5: Application of nutrition and sport psychology within the training phases.. In T. Bompá, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 89-109). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer & Meyer Sports.
  14. Bompá, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (2019). Chapter 6: Long-term integrated periodization. In T. Bompá, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 110-129). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer & Meyer Sports.
  15. Bompá, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (2019). Chapter 7: Fatigue and over training Kinetics. In T. Bompá, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (pp. 130-153). **Integrated Periodization in Sports Training & Athletic Development**. Maidenhead, UK: Meyer & Meyer Sports.
  16. 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.
  17. 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.
  18. Orbach, I., & Blumenstein, B. (2022). Combining periodization with sport psychology to optimize performance of closed self-paced motor tasks. In R. Lidor & G. Ziv (Eds.) (pp. 175-185). **Psychology of closed self-paced motor tasks**. New York, NY: Routledge.
  19. Blumenstein, B., & Orbach, I. (2023). Practice, transfer to competition, peaking, and performing. In D. Collins & A. Cruickshank (Eds.). **Sport Psychology Essentials** (pp. 289-306.). Champaign, IL: Human Kinetics.
-



## Foreigner Language

### קבלת דרגת מרצה בכיר ב-2018

1. Orbach, I., & Sade, S., & Blumenstein, B. (2022). Chapter 12: Psychological skills in sport. In L. Gershegoren, R. Lidor, & G. Tenenbaum (Eds., pp. 305-325). **The Psychology of Sport, Exercise, and Performance: From Theory to Practice**. Mofet, Israel (Hebrew).
2. Blumenstein, B., & Orbach, I. (2022). Chapter 14: Psychophysiology in sport: Psychological preparation based on the LMA approach: Learning-Modification-Application. In L. Gershegoren, R. Lidor, & G. Tenenbaum (Eds., pp. 360-376). **The Psychology of Sport, Exercise, and Performance: From Theory to Practice**. Mofet, Israel (Hebrew).

## Articles in Conference Proceedings

### Published

1. Orbach, I., Singer, R.N., & Murphey, M. Changing attributions with an attribution training technique related to basketball dribbling. **Proceedings of the 38<sup>th</sup> World Congress of the International Council for Health, Physical Education, Recreation, Sport & Dance**, 1995, Gainesville, FL.
  2. 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.
  3. 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.
  4. 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.
  5. 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.
  6. 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. 17 citations.
  7. Blumenstein, B., Zach, S., Burstein, R., Orbach, I., & Gircyte, I. A Comparative Analysis of Different Coach Profiles. **CD-Rom, the 12<sup>th</sup> ISSP World Congress of Sport Psychology**, Marrakesh, June, 17-21, 2009, Morocco.
  8. 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.
  9. 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.
-





10. 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
11. 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.
12. Blumenstein, B., & Orbach, I. Biofeedback Training in Athletic Preparation: LMA Approach. **Abstracts of the ISSP 13<sup>th</sup> World Congress of Sport Psychology**, pp. 42-43, July 21-26, 2013. Beijing Sport University.
13. Blumenstein, B., Orbach, I., Tsung-Min Hun, P., Werthner, P., & Christie, S. Biofeedback in sport. **Abstracts of the ISSP 13<sup>th</sup> World Congress of Sport Psychology**, pp. 42-43, July 21-26, 2013. Beijing Sport University.
14. 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.
15. Blumenstein, B., & Orbach, I. Psychological Preparation for Israeli Paralympic Athletes. **Book of abstracts from 2015 ISAPA Congress**, Wingate Institute, 11-15 June, 2015.
16. 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.
17. 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.

#### קבלת דרגת מרצה בכיר ב-2018

18. 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**, March, 2019, Madrid, Spain.
19. Orbach, I., Basevitch, I., Peretz, Y. & Blumenstein B. Biofeedback training as an integral part of psychological preparation within the training process. **Congress proceeding of the International Society of Sport Psychology**, Sept. 2021, Taipei, Taiwan.
20. Orbach, I., Guttin, H., Hoffman, N., & Blumenstein, B. Motivational factors in competitive sport song female youth athletes. **Congress proceeding of the International Society of Sport Psychology**, Sept. 2021, Taipei, Taiwan.
21. Orbach, I. Evolution of young female athletes' reasons for participating in judo and basketball. **Congress proceeding of the 4<sup>th</sup> edition of global congress on Gender and Sexuality Studies**, June 2023, Budapest, Hungaria.

#### Entries in Encyclopedias

---



1. Blumenstein, B., & Orbach, I. (2014). Biofeedback/Neurofeedback. In R. Eklund & G. Tenenbaum (Eds). **Encyclopedia of Sport and Exercise Psychology** (pp. 70-73). SAGE Publication.
2. Blumenstein, B., & Orbach, I. (2019). Biofeedback/Neurofeedback: Multimodal Biofeedback Technologies. In D. Hackfort, R. Schinke & B. Strauss (Eds.). **Dictionary of Sport Psychology**. Elsevier. ISBN: 9780128131503.

### **Manuscript in Preparation/Review/Accepted:**

1. Orbach, I., & Blumenstein B. (accepted). Mental preparation in sport. In R. Lidor, A. Dunski, Y. Mekel, N. Shtaynberg, & S. Zack (Eds.). **Sport and Science**. (Hebrew)
2. Orbach, I., Gershegoren, L., Basevitz, I., & Blatt, A. (under review). Periodization in team sport. Will be submitted to the **International Journal of Sport & Exercise Psychology**.
3. Orbach, I., Edmonds, W., & Blumenstein, B. (under review). The developmental state of biofeedback intervention in sport and performance.
4. Gershegoren, L., Orbach, I., Basevich, I, & Blumenstein, B. (under review). The five rings for soft-landing program: Transitioning back from the Olympic Games: An interdisciplinary intervention. Submitted to the **Journal of Sport Psychology in Action: Special Issue Working with Sport Clients in Transitions**.

### **Summary of My Research Activities and Future Plans**

---