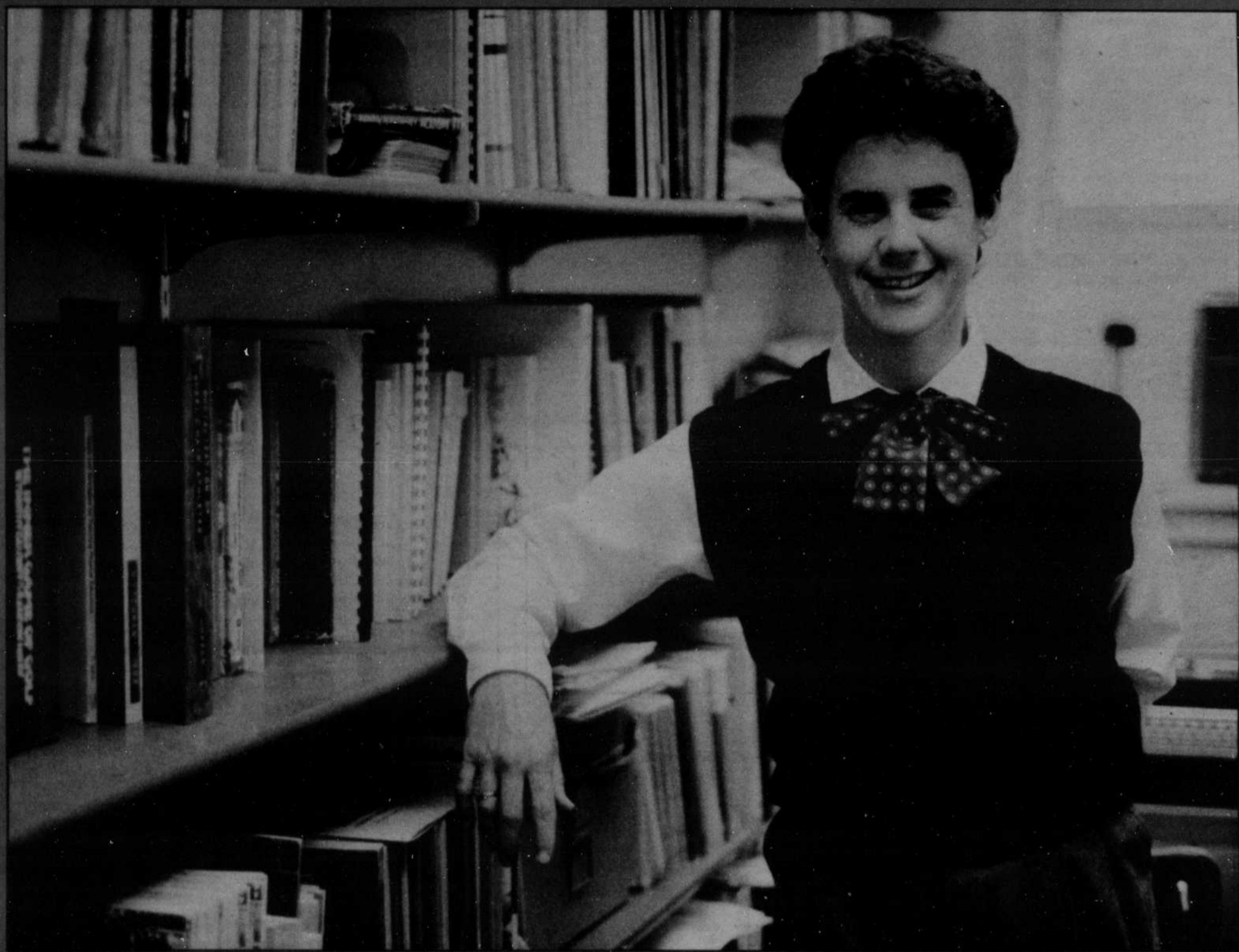


# SIDELINES

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## Outstanding young physical educator keeps on moving

It's 8:15 on a Friday morning and Maureen Weiss is already on the telephone trying to arrange for two faculty candidates to visit the University's physical education department.

During the next 45 minutes, the phone rings three or four times and several people stop by her office to talk or pick up coaching application forms.

Welcome to the start of a typical day in the life of the most outstanding young professional physical educator in the nation.

Weiss, an University assistant professor, recently received the title from the American Alliance for Health, Physical Education, Recreation and Dance, which will award her its annual Mabel Lee Award in April.

The award is presented to the person who has contributed the most to disciplinary

advancement and who shows great promise for the future.

A specialist in the social psychology of sport and motor behavior, Weiss has co-edited two books and written numerous articles in professional journals. She also has conducted research on the effects of competition on children's social and psychological development, while acting as director of the University's Children's Summer Sports Program and state director of the American Coaching Effectiveness Program for the last five years.

Added to all this, Weiss has coached a variety of sports at all levels and has given more than 40 clinics and workshops to coaches of youth sports.

Despite the award and her activities, she has not let her accomplishments go to her head. One reason for this may simply be her lack of time. Another is that Weiss believes she is just doing her job — a job she loves.

Story by Julie Freeman  
Photo by Shu-Shing Chen

"It's been wonderful (winning the award)," she says. "People from all over campus have said congratulations and that really means a lot to me."

"But then I wonder what all this fuss is about. I'm doing what I love and when you do what you love and get rewarded for it, it's just like getting icing on the cake."

Weiss teaches graduate and undergraduate courses in sports psychology, a sub-discipline of physical education, at the University. She began to learn about this field of study during her undergraduate years at the University of California, Santa Barbara, where she obtained degrees in both psychology and physical education.

"I've always been a fanatic about sports, both as a spectator and a participant," she says. "I coached for five years in the area of youth sports in California and I've always thought that the link between the psychology of participating and the sport itself is a real exciting thing."

During her graduate and doctoral studies, Weiss says she was able to focus on the social psychology aspects of sport and exercise.

The study of sports psychology has been practiced since the late 1920s, Weiss says.

But the field has become more visible and popular in the past 10 years with the emergence of professional athletes who are talking about how things such as concentration, stress reduction and imagery have helped them in their performance, she says.

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