

Education

Ph.D. Oregon State University

M.S. University of Nevada

B.A. University of Nevada

Professional Experience

2022 – Present, Interim Chair, Department of Kinesiology, Western Illinois University

1996 – Present, Professor, Department of Kinesiology, Western Illinois University

1992 - 1995 Assistant, Professor, Department of Kinesiology, Kansas State University

1988 - 1992 Lecturer, Department of Kinesiology, University of Colorado at Boulder

1984 - 1987 Graduate Teaching Assistant, Department of Exercise and Sport Science, Oregon State University

1983 - 1984 Lecturer, Department of Physical Education, Recreation, and Dance, University of Nevada

1982 - 1983 Graduate Teaching Assistant, Department of Physical Education, Recreation, and Dance - University of Nevada

Peer Reviewed National-International Publications

Bories, T. L., Hyllegard, R., Marhajan, P., & Brown J. (2021). The effects of self-awareness on the ability to recognize personal motion. *Journal of Human Sport and Exercise*, 17(4), . DOI: 10.14198/jhse.2022.174.15

Hyllegard, R., & Bories, T. L. (2009). Deliberate practice theory: perceived relevance, effort, and inherent enjoyment of music practice: Study II. *Perceptual and Motor Skills*, 109, 1-10.

Hyllegard, R., & Bories, T. L. (2008). Testing assumptions of deliberate practice theory relevance, effort, and inherent enjoyment with a novel task: Study II. *Perceptual and Motor Skills*, 107, 439-448.

Hyllegard, R., & Yamamoto, M. (2007). Testing assumptions of deliberate practice theory relevance, effort, and inherent enjoyment with a novel task: Study II. *Perceptual and Motor Skills*, 105, 435-446.

Hyllegard, R., & Yamamoto, M. (2005). Testing assumptions of deliberate practice theory relevance, effort, and inherent enjoyment with a novel task. *Perceptual and Motor Skills*, 101, 283-294.

Hyllegard, R., (2005). Factors contributing to athletic achievement: A reply to Van Rossum. *Perceptual and Motor Skills*, 100, 362-364.

Hyllegard, R., McElroy, L., & Krejca, W. (2003). Perceptions of the importance of training and experience, and athletic talent for achievement in sports. *Perceptual and Motor Skills*, 96, 379-380.

Hyllegard, R., Radlo, S.J. & Early (2001). The attribution of athletic expertise by college coaches. *Perceptual and Motor Skills*, 92, 193-207.

Hyllegard, R. (2000). Parental attribution of artistic ability in talented children. *Perceptual and Motor Skills*, 91, 1134-1144.

Hyllegard, R. (1991). The role of the baseball seam pattern in pitch recognition. *Journal of Sport Psychology and Exercise*, 13, 80-84.

Professional Publications

Hyllegard, R. (1990). Beneath the surface - different playing surfaces bring different results: An analysis. *ADDvantage*, 14(10), 9-12.

Hyllegard, R. (1988). The three fundamental skill groups approach for teaching tennis. *USPTA News Journal*, 11(1), 8-13.

Hyllegard, R. (1988). The importance of winning the first set. *ADDvantage*, 12(1), 3-7.

Hyllegard, R. (1988). How different playing surfaces influence match scores. *ADDvantage*, 12(2), 6-9.

Peer Reviewed National-International Abstracts

Hyllegard, R., Bories, T. L. (2007). Testing assumptions of deliberate practice theory relevance, effort, and inherent enjoyment with a novel task: study II. *Journal of Sport and Exercise Psychology*. Abstract

Hyllegard, R., Yamamoto, M. (2006). Testing assumptions of deliberate practice theory relevance, effort, and inherent enjoyment with a novel task: Study II. *Journal of Sport and Exercise Psychology*. Abstract

Hyllegard, R., Yamamoto, M. (2005). Is deliberate practice inherently enjoyable? Deliberate practice theory and sport. *Journal of Sport and Exercise Psychology*. Abstract

Hyllegard, R., Radlo, S. J., McElroy, L., & Krejca, W (2002). Is deliberate practice inherently enjoyable? Deliberate practice theory and sport. *Journal of Sport and Exercise Psychology*. Abstract

Radlo, S.J., Hyllegard, R., & Lambert, B. (2001). The effects of aerobic exercise and stress management program on cognitive and perceptual-motor functioning during competition. *Journal of Sport and Exercise Psychology*. 23, S66. Abstract

Radlo, S., Hyllegard, R. & Karg, J. (2000). Combating competitive stress: An evaluation of a 1 week comprehensive stress management program. *Journal Of Sport and Exercise Psychology*. 22, S88. Abstract

Hyllegard, R., Radlo, S.J. & Early, D. (2000). The attribution of athletic expertise by college coaches. *Journal of Sport and Exercise Psychology*. 22, S54. Abstract

Hyllegard, R. & Roehrs, D. (1997). The attribution of athletic expertise by college coaches. *Journal of Sport and Exercise Psychology*. 20, S76. Abstract

Hyllegard, R. (1997). Parental attribution of artistic ability in talented children. *Proceedings of 28th Annual of the Canadian Society for Psychomotor Learning and Sport Psychology*. 35. Abstract

Hyllegard, R. (1996). Effects of increasing information processing demands on saccadic eye movement latency. *Journal of Sport and Exercise Psychology*. 19, S69. Abstract

Textbooks

Hyllegard, R., Mood, D.P., & Morrow Jr., J. (1996). *Interpreting Research in Sport and Exercise Science*. C. V. Mosby, St. Louis, MO.

Hyllegard, R., Mood, D.P., & Morrow Jr., J. (1996). *Instructor's Manual for Interpreting Research in Sport and Exercise Science*. C. V. Mosby, St. Louis, MO.

Book Chapters

Hyllegard, R. (2012). Tennis. In Mood, D., Musker, F.F., & Rink, J.E. (Eds.) *Sports and Recreational Activities for Men and Women*. 16th ed. McGraw-Hill, New York, NY.

Hyllegard, R. (2011). Tennis. In Mood, D., Musker, F.F., & Rink, J.E. (Eds.) *Sports and Recreational Activities for Men and Women*. 15th ed. McGraw-Hill, New York, NY.

Hyllegard, R. (2005). Tennis. In Mood, D., Musker, F.F., & Rink, J.E. (Eds.) *Sports and Recreational Activities for Men and Women*. 14th ed. McGraw-Hill, New York, NY.

Hyllegard, R. (2002). Tennis. In Mood, D., Musker, F.F., & Rink, J.E. (Eds.) *Sports and Recreational Activities for Men and Women*. 13th ed. McGraw-Hill, New York, NY.

Hyllegard, R. (1999). Tennis. In Mood, D., Musker, F.F., & Rink, J.E. (Eds.) *Sport and Recreational Activities for Men and Women*. 12th ed., McGraw-Hill, New York, NY.

Hyllegard, R. (1995). Tennis. In Mood, D., Musker, F.F., & Rink, J.E. (Eds.) *Sport and Recreational Activities for Men and Women*. 11th ed., Mosby-Year Book, St. Louis, MO.

Peer Reviewed National-International Presentations

Hyllegard, R., & Bories, T. L. (2007). Deliberate Practice Theory: The Relevance, Effort, and Inherent Enjoyment of Music Practice. Poster presentation at The North American Society for Psychology of Sport and Physical Activity National Convention, San Diego, CA. June 2007.

Hyllegard, R., & Yamamoto, M. (2006). Testing assumptions of deliberate practice theory relevance, effort, and inherent enjoyment of practice with a novel task: Study II. Poster presentation at The North American Society for Psychology of Sport and Physical Activity National Convention, Denver, CO. June 2006.

Radlo, S. J., Hyllegard, R., and Yamamoto, M. (2005). Effects of a stress management program and biofeedback on learning in a competitive environment. Poster presentation at The North American Society for Psychology of Sport and Physical Activity National Convention, Ft. Lauderdale, FL. June 2005.

Hyllegard, R., & Yamamoto, M. (2004). Testing deliberate practice theory relevance, effort, and inherent enjoyment postulates with a novel task. Poster presentation at The North American Society for Psychology of Sport and Physical Activity National Convention, Vancouver, CA. June 2004.

Hyllegard, R., Radlo, S. J., McElroy, L., & Krejca, W (2002). Is deliberate practice inherently enjoyable? Deliberate practice theory and sport. Poster presentation at The North American Society for Psychology of Sport and Physical Activity National Convention, Baltimore, MD. June 2002.

Lambert, B., Graham, R.E., Bell, R.W., Hyllegard, R. & Erdmann, L.D. (2002). Physical activity and the secretion of aqueous tears. Poster presentation at The American College of Sports Medicine National Convention, St. Louis, MO. June 2002.

Radlo, S.J., Hyllegard, R., & Lambert, B. (2001). The effects of aerobic exercise and stress management program on cognitive and perceptual-motor functioning during competition. Verbal presentation at The North American Society for Psychology of Sport and Physical Activity National Convention, St. Louis, MO. June 2001.

Hyllegard, R. Radlo, S.J., & Early, D. (2000). The attribution of athletic expertise by college coaches. Poster presentation at The North American Society for Psychology of Sport and Physical Activity National Convention, San Diego, CA. June 2000.

Radlo, S.J., Hyllegard, R., & Karg, J. (2000). Combating competitive stress: An evaluation of a 16 week comprehensive stress program. Poster presentation at The North American Society for Psychology of Sport and Physical Activity National Convention, San Diego, CA. June 2000.

Hyllegard, R. & Early, D. (1999). The attribution of expertise by college coaches in low strategy and high strategy team and individual sports. Verbal presentation at the Illinois Association for Health Physical Education, Recreation, and Dance State Convention, Chicago, Illinois. November 1999.

Hyllegard, R. & Roehrs, D. (1998). The attribution of athletic expertise by college coaches. Poster presentation at The North American Society for Psychology of Sport and Physical Activity National Convention, Chicago, Illinois. June 1998.

Hyllegard, R. (1997). Parental attribution of artistic ability in talented children. Verbal presentation at The 28th Annual Meeting of the Canadian Society for Psychomotor Learning and Sport Psychology Conference, Niagara Falls, Canada. October, 1997.

Hyllegard, R. (1997). Effects of increasing information processing demands on saccadic eye movement latency. Poster presentation at the North American Society for Psychology of Sport and Physical Activity National Convention. Denver, Colorado. May 1997

Regional Presentations

Brown, J., O'Brian, M, Bories, T, Hyllegard, R., & Maharjan, P. (2017) The effects of self-awareness on the ability to recognize personal motion, Graduate Research Day, Macomb, Illinois.

Maharjan, P, Hyllegard, R., & Bories, T. (2018) Self-awareness and the ability to recognize gait from point-light videos, IAHPERD, St. Charles, Illinois.

Lazzar, M., Sak, M., Stotowski, I., Bories, T. L., & Hyllegard, R. (2014). The relevance of upper body cues compared to lower body cues for recognizing gait patterns. Poster Presentation at Western Illinois University Undergraduate Research Day.

Brehm, Z., Covemaker, A., Bories, T., & Hyllegard, R. (2012). Identification of personal gait patterns from digitized visual imagery. WIU Undergraduate Research Day.

Covemaker, A., Kaufmann, M., Neudahl, R., Bories, T., Hyllegard, R. & Kovacs, C. (2010). Identification of personal gait patterns from digitized visual imagery. WIU Undergraduate Research Day.

Non Reviewed Presentations

Radlo, S. J., Hyllegard, R., & Piletic, C. (2003) Using the Peak Achievement Trainer (PAT). COEHS Tech Fest, Macomb, Illinois. March 2003.

Hyllegard, R., Lambert, B., Graham, R. & Radlo, S. J. (2002). Computer applications for anatomy and physiology courses. COEHS Tech Fest, Macomb, Illinois. April 2002.

Hyllegard, R., Lambert, B., Graham, R. & Radlo, S. J. (2001). Computer applications for anatomy and physiology courses. COEHS Tech Fest, Macomb, Illinois. April 2001.

Hyllegard, R. Radlo, S.J., & Lambert, W. (2000). Computer controlled physiological measurement. COEHS Tech Fest, Macomb, IL. April 2000.

Graduate Student Thesis Advisor

Marhajan, P. (2018). Bimanual effects on motor control: A comparative study of college-level musicians and athletes. Master's Thesis Chairperson.

Jones, M. (2006). Pre-performance routines: comparing the effects of Singer's Five Step Strategy using an exploratory approach versus the traditional approach. Master's Thesis Committee Member.

Yamamoto, M (2004). Soccer and imagery. Master's Thesis Committee Member, Western Illinois University.

Walver, M (2002). Imagery. Master's Thesis Committee Member, Western Illinois University.

McCann, P. (1999). The development of an inventory to assess attentional dispositions of youth sport athletes. Master's Thesis Committee Member, Western Illinois University

Chang, R. (1998). An examination of corporate sponsors in NCAA Division I, Iaa, and Division III institutions. Master's Thesis Committee Member, Western Illinois University.

Ockenfels, R. (1997). An examination of corporate sponsors with each team in the NFL. Master's Thesis Committee Member, Western Illinois University.

Vogel, D. (1996). The effect of salary arbitration and free agency on salaries in major league baseball. Master's Thesis Committee Member, Western Illinois University.

Harder, B. (1996). Effects of physical therapy on movement in grade school children with motor disabilities. Master's Report Supervisor, Kansas State University.

Mahoney, K. (1995). The effect of contextual interference on the practice, retention, and transfer of an applied motor skill. Master's Report Supervisor, Kansas State University.

Deaner, M. (1995). Deliberate practice and the acquisition of expert performance: An article review and study. Master's Report Supervisor, Kansas State University.

University Reports

Hyllegard, R., & Robertson, A. (2001). General Education Goals Report for the Department of Geography. Council on General Education, Western Illinois University

Hyllegard, R. (2000). 1999-2000 Human Well-Being Assessment Annual Report. Provost Office, Western Illinois University

Hyllegard, R. (1999). 1999-2000 Writing in General Education Report. Council on General Education, Western Illinois University

Hyllegard, R. (1998). 1998-1999 Human Well-Being Assessment Annual Report. Provost Office, Western Illinois University

Noble, L. & Hyllegard, R. (1995). Outcomes Assessment Report for the Department of Kinesiology. Kansas State University

Hyllegard, R. (1991). Outcomes Assessment Report for the Department of Kinesiology. University of Colorado at Boulder.

Mood, D. & Hyllegard, R. (1990). Outcomes Assessment Report for the Department of Kinesiology. University of Colorado at Boulder.

University Presentations

Hyllegard, R. (1999). 1998-1999 Human Well-Being Assessment Annual Report. Department of Physical Education, October 1999

Hyllegard, R. (1999). 1998-1999 Human Well-Being Assessment Annual Report. Department of Recreation, Parks, and Tourism Administration, October 1999

Hyllegard, R. (1999). 1998-1999 Human Well-Being Assessment Annual Report. Department of Health Promotion, October 1999

Hyllegard, R. (1999). 1998-1999 Human Well-Being Assessment Annual Report. Department of Family and Consumer Sciences, November 1999

New Courses

PE 571 Development of Expert Performance. Approved 2002
Western Illinois University, 2002

Awards and Honors

Student Mentor Award

IAHPERD State Convention, St. Charles, IL. November 2010.

College of Education and Human Services: Faculty Innovators iFair 2003 Championship Entry
Western Illinois University, 2003

College of Education and Human Services: Faculty Innovators iFair 2002 Championship Entry
Western Illinois University, 2002

College of Arts and Sciences: Teaching Commendation
Kansas State University, 1996

College of Arts and Sciences: William L. Stamey Teaching Award
Recognition for excellence in undergraduate instruction.
Kansas State University, 1995

Office of the Vice Chancellor: Department of Kinesiology Outcomes Assessment Report
Recognition for excellence in undergraduate program assessment and reporting. With Dale
Mood
University of Colorado at Boulder, 1990

Peer Reviews

(2021) Ironic effects in softball pitching: How knowing information about an opponent's strengths affects athletic performance.

(2019) Contralateral hemisphere activation by unilateral hand contraction in emotion perception: Examination of intra and inter-hemispheric interaction.

(2015) Moen F, Firing K, & Vittersø J. No pain no gain: Feelings and performance in sport.

(2015) Zetou, E, Papadakis, L, Vernadakis, N, Derri, V, Bebetos, E, & ilippou, F. Variable practice effect for acquisition and learning the ball drive skill of soccer in young athletes.

(2011) Lyach, V., Witkowski, Z., Gutnik, B., Samovarov, A., & Nash, D. Towards effective forecast of required sport associated psycho- physiological abilities of young soccer players.

(2011) Kin, S-Y., & Kim, S-M. Training time and tournament results.

(2011) Nakata, H., & Sakamoto, Relationship between relative age effects in sports and academic background.

(2010) Joesaar, H., & Hein, V. Psychological determinants of young athletes' participation over time.

(2010) Nakata, H., & Sakamoto, Relative age effects in gamble related sports.

(2010) Czyz, S. & Mazur, M. Non-emergence of especial skills in basketball players at different age and training experience levels.

(2009) Nicolai Re, A. H.& Böhme, M. T. S. The questionable use of anthropometric characteristics and motor skills in talent selection and development in indoor soccer.

(2008) Gomez, M. A., Lorenzo, A., Sampaio, J., & Ibanez, S. J. An analysis of defensive strategies used by home and away basketball teams

(2008) The questionable use of anthropometric characteristics and motor skills in talent selection and development in indoor soccer.

(2008) An analysis of defensive strategies used by home and away basketball teams.

(2007) Differences between expert and novice players when using movement pre-cues during a penalty kick in football.

(2004) The relative age effect revisited: Findings from the dance domain.

(2004) Giftedness viewed from the expert-performance perspective.

Grants

URC Grant, May 2016. \$1,480.00. Funded

Service

University Committees

Council on General Education

General Education Assessment

Academic Ethics

University Accreditation committee

Department Committees

Personnel committee

Operations committee

Graduate committee

NCATE Accreditation committee

Open House Ad Hoc

Department criteria Ad Hoc

168/468 Exam Ad Hoc

Department core curriculum review Ad Hoc

Department Mission Statement Ad Hoc

Human Well-Being Outcomes Assessment Coordinator