
Nikki Barczak, MSc

PERSONAL INFORMATION

2207 Stallings-Evans Sports Medicine Complex
 Campus Box 8700 Chapel Hill, NC 27599
 919.962.0409
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EDUCATION

University of North Carolina at Chapel Hill	May 2022
PhD in Human Movement Science	Chapel Hill, NC
Advisor: Jason P. Mihalik	

University of Stirling	June 2017
MSc with distinction in Psychology of Sport	Stirling Scotland, UK
Advisor: Robert C. Eklund	

University of North Carolina at Chapel Hill	May 2015
Major: BA – Psychology, BA – Exercise and Sport Science, Minor: Anthropology	Chapel Hill, NC

RESEARCH EXPERIENCE

Research Associate	2017-2022
University of North Carolina at Chapel Hill	Chapel Hill, NC
Matthew Gfeller Sport-Related Traumatic Brain Injury Research Center	
Supervisor: Dr. Jason Mihalik	

Research Associate	2016-2017
University of North Carolina at Chapel Hill	Chapel Hill, NC
Matthew Gfeller Sport-Related Traumatic Brain Injury Research Center	
Injury Prevention Research Center	
Center for the Study of Retired Athletes	
Supervisors: Dr. Jason Mihalik, Dr. Johna Register-Mihalik, Dr. J.D. DeFreese	

Research Assistant	2013-2015
University of North Carolina at Chapel Hill	Chapel Hill, NC
Positive Emotion and Psychophysiology Laboratory	
Supervisors: Dr. Barbara Fredrickson	

PUBLICATIONS

Peer-Reviewed

DeFreese, J.D., **Barczak, N.** (*in press*). A Pilot Study of Trait Emotional Intelligence as a Moderator of the Associations Among Social Perceptions, Athlete Burnout, and Well-Being in Collegiate Athletes. *Athletic Training & Sports Health Care*.

Under Review

Barczak, N., Barker, A., DeFreese, J.D., Dorsch, T. (*in review*). Money matters: The associations of scholarship status with sport- and school-oriented motivation among intercollegiate student-athletes. *Journal of Intercollegiate Sport*.

Barczak, N., Eklund, R.C. (*in review*) The Moderating Effect of Self-Compassion on Relationships between Performance and Subsequent Coping and Motivation. *International Journal of Exercise and Sport Psychology*.

PRESENTATIONS

Refereed – Poster

Barczak, N., DeFreese, J.D. (2017). *Resilience and Non-Training Biometric Markers in Female Collegiate Club Athletes*. Paper presented at the annual meeting for the AASP, Orlando, Florida.

Barczak, N., DeFreese, J.D. (2017). *Longitudinal Tracking of Biopsychosocial Predictors of Burnout in Collegiate Athletes: A Pilot Study*. Paper presented at the annual meeting for the AASP, Orlando, Florida.

Barczak, N., Eklund, R.C. (2017). *The Moderating Effect of Self-Compassion on Performance-Coping and Performance-Motivation Relationships*. Paper presented at the annual meeting for the NASPSPA, San Diego, California.

Barczak, N., DeFreese, J.D. (2017). *High School Sport Participation and Current College Student Psychosocial Health*. Paper presented at the annual meeting for the NASPSPA, San Diego, California.

Barczak, N., Barker, A., DeFreese, J.D., Dorsch, T. (2017). *The Association of Scholarship Status with Sport- and School-Oriented Motivational Outcomes in Collegiate Student-Athletes*. Paper presented at the annual meeting for the NASPSPA, San Diego, California.

Wittstein, M., **Barczak, N.,** Moisand, M., Hadgis, N. (2017). *Perceived Preference for and Toleration of Exercise with a Graded Exercise Test*. Paper presented at the annual meeting for the NASPSPA, San Diego, California.

DeFreese, J.D., **Barczak, N.,** Romaine, A., Thomas, L., Baucom, D., Kerr, Z., Guskiewicz, K. (2017). *Athlete Burnout, Romantic Relationship Quality and Lifespan Psychological Health Outcomes in Former Elite American Football Athletes*. Paper presented at the annual meeting for the NASPSPA, San Diego, California.

Barczak, N., DeFreese, J.D. (2017). *A Longitudinal Investigation into Resilience and Biopsychosocial Correlates in Collegiate Athletes – A Pilot Study*. Paper presented at Human Movement Science Research Symposium, Chapel Hill, North Carolina.

Invited Talks

Barczak, N. (2017). *Importance of Resilience in Student Athletes*. Invited presentation at Elon BrainCARE Symposium, Elon, North Carolina.

TEACHING EXPERIENCE

Teaching Assistant

University of North Carolina at Chapel Hill
Department of Exercise and Sport Science
Courses: Biomechanics, Anatomy

2017-2022
Chapel Hill, NC

Guest Lecturer

University of North Carolina at Chapel Hill
Department of Exercise and Sport Science
Courses: Sport Psychology, Psychology of Injury and Rehab

2015-Present
Chapel Hill, NC

Seminar Leader

University of Stirling
School of Sport

Courses: The Psychology of Sport, Introduction to Sport Studies, Research Project in Sport Studies

2015-2016
Stirling, Scotland, UK

Teaching Assistant

University of North Carolina at Chapel Hill
Department of Exercise and Sport Science
Courses: Introduction to Sport Psychology

2014-2015
Chapel Hill, NC

PROFESSIONAL SERVICE

Ad Hoc Manuscript Reviewer

Athletic Training and Sports Health Care

PROFESSIONAL ORGANIZATIONS

North American Society for the Psychology of Sport and Physical Activity (NASPSPA)	2016-Present
American College of Sports Medicine (ACSM)	2017-Present
Association for Applied Sport Psychology (AASP)	2014-2015

REFERENCES

Jason Mihalik, PhD, Associate Professor and Co-Director of Gfeller Center
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J.D. DeFreese, PhD, Associate Clinical Professor
Department of Exercise and Sport Science, University of North Carolina at Chapel Hill, 204 Fetzer Hall
CB#8700, Chapel Hill, North Carolina 27599 Office: 919-962-0774. Email: defreese@email.unc.edu

Robert C. Eklund, PhD, Associate Dean for Faculty Development and Professor
College of Education, Florida State University, 1104 Stone Building, Tallahassee, Florida 32306 Office:
850-644-6885. Email: erobert@admin.fsu.edu