

Ray Bobrownicki
Moray House School of Education and Sport
Institute for Sport, Physical Education and Health Sciences



Biography

Ray is a Lecturer in Sport Psychology, BPS Chartered Psychologist and Associate Fellow, British Athletics Licensed Coach (Jumping Events), and Fellow of the Higher Education Academy. He joined the Institute for Sport, PE, and Health Sciences at the University of Edinburgh in November 2021, having previously worked at the University of the West of Scotland (2016–2021) where he was Programme Leader for the BSc (Hons) Sport Coaching degree. Ray has been actively involved in real-world sport in a number of capacities, including athlete (e.g., Commonwealth Games finalist and 2.28m high jumper), coach (e.g., guided Nikki Manson to Scottish women's high jump record of 1.93m), referee (e.g., basketball), and consultant.

Ray's interests relate to interdisciplinary research and practice linking sport psychology, coaching instruction, and motor learning/performance. His recent research has focused on exploring the impact of coaching instruction (e.g., traditional verbal instructions or analogies) on performance, movement, and psychological factors (e.g., understanding, confidence, and motivation) for learning and competition environments.

Qualifications and Memberships

Postgraduate Certificate in Academic Practice, University of the West of Scotland
Award Date: 20 Jan 2022

Sport Psychology and Coaching, Doctor of Philosophy (PhD), Impact of verbal instruction type on movement learning and performance: A multidisciplinary investigation of analogy and explicit instruction, University of Edinburgh
Award Date: 1 Jul 2016

Performance Psychology, Master of Science, Verbal overshadowing of motor performance: Does offline reflection influence online performance?, University of Edinburgh
Award Date: 26 Nov 2009

Psychology, Bachelor of Arts, Brown University
Award Date: 28 May 2006

17 Feb 2023 → ... Associate Fellow of the British Psychological Society, AFBPsS

26 Sept 2018 → ... Fellow of the Higher Education Academy, FHEA

9 May 2016 → ... Chartered Psychologist, CPsychol

1 Jan 2010 → ... Licensed Athletics Coach (Jumps)

Employment

Lecturer in Sport Psychology

Moray House School of Education and Sport
University of Edinburgh
Edinburgh
22 Nov 2021 → present

Institute for Sport, Physical Education and Health Sciences

University of Edinburgh
United Kingdom
22 Nov 2021 → present

Research outputs

Sifting the Useful From the Useless: A Case for Criticality in Coaching

Collins, L. & Bobrownicki, R., 13 Feb 2025, *Sport Skill Acquisition: Integrating Theory and Practice*. Collins, D. & Taylor, J. (eds.). 1 ed. Champaign, IL: Human Kinetics, p. 43–56

Ecological dynamics as an accurate and parsimonious contributor to applied practice: A critical appraisal

Collins, D., Carson, H. J., Rylander, P. & Bobrownicki, R., 21 Dec 2024, (E-pub ahead of print) In: Sports Medicine. p. 1-12 12 p.

"It is difficult to understand the universe if you only study one planet": A Response to Myszka, Yearby & Davids

Collins, D., Bobrownicki, R., Carson, H. J. & MacPherson, A. C., 1 Nov 2024, In: Sport, Education and Society. 29, 8, p. 1036-1040

Advancing mental imagery research from an interdisciplinary sport science perspective: A commentary on Frank et al. (2023)

Carson, H. J. & Bobrownicki, R., 17 Aug 2024, In: Psychological Research. 88, 6, p. 1833–1836

Motor learning

Carson, H. J., Bobrownicki, R., McMorris, T., Gray, S., Martindale, R. & Sproule, J., 29 Feb 2024, *IB DP Sports, Exercise and Health Science: Course Book*. Sproule, J. (ed.). 2 ed. Oxford University Press, p. 444-491

An explicit look at implicit learning: An interrogative review for sport coaching research and practice

Collins, D., MacPherson, A. C., Bobrownicki, R. & Carson, H. J., 23 Feb 2023, (E-pub ahead of print) In: Sports Coaching Review.

Constraints of the constraints-led approach in American football and comments on Yearby et al. (2022)

Bobrownicki, R., Carson, H. J., MacPherson, A. C. & Collins, D., 22 Jan 2023, (E-pub ahead of print) In: Sports Coaching Review.

Unloading the dice: Selection and design of comparison and control groups in controlled trials to enhance translational impact within motor learning and control research

Bobrownicki, R., Carson, H. J., MacPherson, A. C. & Collins, D., 19 Sept 2022, In: International Journal of Sport and Exercise Psychology. 20, 5, p. 1330-1344

Conducting systematic reviews of applied interventions: A comment on Cabral et al. (2022)

Bobrownicki, R., Carson, H. J. & Collins, D., 1 Aug 2022, In: Sport, Exercise, & Performance Psychology. 11, 3, p. 264–274

Adding experiential layers to the transnational-athlete concept: A narrative review of real-world heterogeneous mobility experiences

Bobrownicki, R. & Valentin, S., Jan 2022, In: Psychology of Sport and Exercise. 58, 10 p., 102075.

One on one... Dr Ray Bobrownicki

Bobrownicki, R., 1 Oct 2021, In: The Psychologist. 34, 10, p. 72 1 p.

The acute effects of analogy and explicit instruction on movement and performance

Bobrownicki, R., MacPherson, A. C., Collins, D. & Sproule, J., 30 Sept 2019, In: Psychology of Sport and Exercise. 44, p. 17-25 9 p.

Redressing the balance: Commentary on "Examining motor learning in older adults using analogy instruction" by Tse, Wong, and Masters (2017)

Bobrownicki, R., Collins, D., Sproule, J. & MacPherson, A. C., Sept 2018, In: Psychology of Sport and Exercise. 38, p. 211-214

Re-examining the effects of verbal instructional type on early stage motor learning

Bobrownicki, R., MacPherson, A., Coleman, S., Collins, D. & Sproule, J., Dec 2015, In: Human Movement Science. 44, p. 168-181 44.

Projects

Practice, communication, and performance in elite track and field competition: Investigation of real-world coach–athlete interactions (£2,360)

Bobrownicki, R. & Carson, H.

1/06/22 → 1/09/22

Prizes

Academic All-Ivy League Award

Bobrownicki, Ray (Recipient), 2005

Gray Research Scholarship

Bobrownicki, Ray (Recipient), 2011

Press/Media

Why athletes' skills fail them – and how focusing on memory can help professionals and amateurs perform better

Ray Bobrownicki & Howie Carson

10/11/22

1 Media contribution

苦渋の決断」「特例」 海外メディアが速報 ("Difficult decision" "Special case" Overseas media breaking news)

Ray Bobrownicki

20/03/21

1 item of Media coverage

A jump with... Nikki Manson

Ray Bobrownicki

2/01/21

1 item of Media coverage

Nikki Manson looking to get mindset right as she aims for Tokyo

Ray Bobrownicki

2/03/20

1 item of Media coverage