



Summary

I am a Lecturer in Sport Psychology, Chartered Psychologist and Associate Fellow of the British Psychological Society, Fellow of the Higher Education Academy, and British Athletics Licensed Coach (Jumping Events). I have 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. My interests relate to interdisciplinary research and practice linking sport psychology, coaching instruction, and motor learning/performance.

Qualifications

- PGCert in Academic Practice – University of the West of Scotland (2022)
- PhD in Performance Psychology and Coaching – University of Edinburgh (2016)
- QSEP I – British Psychological Society (2011)
- MSc in Performance Psychology – University of Edinburgh (2009)
- AB in Psychology – Brown University (2006) [assessed as equivalent to UK Honours degree and granted GBC on this basis by the BPS]

Memberships and Fellowships

- Associate Fellow of the British Psychological Society (2023)
- Fellow of the Higher Education Academy (2018)
- BPS Chartered Psychologist (2016)
- Licensed Athletics Coach (2010)

Employment in Higher Education

- *University of Edinburgh – Lecturer in Sport Psychology (2021–Present)*
 - Co-Programme Director for BSc (Hons) Applied Sport Science (2022–Present).
- *University of the West of Scotland – Lecturer in Sport Psychology (2016–2021)*
 - Programme Leader for BSc (Hons) Sport Coaching (2019–2021)

Academic Publications

- Bobrownicki, R.**, Collins, D., Carson, H. J. & MacPherson, A. C. (2026). Promoting perception–action coupling in sport: The role of preparation within coaching environments *Sports Coaching Review*. Advance online publication. <https://doi.org/10.1080/21640629.2026.2657068>
- Collins, D., MacPherson, A. C., **Bobrownicki, R.**, & Carson, H. J. (2026). An explicit look at implicit learning: An interrogative review for sport coaching research and practice. *Sports Coaching Review*. 15(1), 59–80. <https://doi.org/10.1080/21640629.2023.2179300>
- Bobrownicki, R.**, Carson, H. J., MacPherson, A. C., & Collins, D. (2026). Constraints of the constraints-led approach in American football and comments on Yearby et al.

- (2022). *Sports Coaching Review*. 15(1), 46–58. <https://doi.org/10.1080/21640629.2022.2158579>
- Collins, D., Carson, H. J., Rylander, P., & **Bobrownicki, R.** (2025). Ecological dynamics as an accurate and parsimonious contributor to applied practice: A critical appraisal. *Sports Medicine*, 55(4), 799–810. <https://doi.org/10.1007/s40279-024-02161-7>
- Collins, L., & **Bobrownicki, R.** (2025). Sifting the useful from the useless: A case for criticality in coaching. In D. Collins, & J. Taylor (Eds.), *Sport Skill Acquisition: Integrating Theory and Practice* (1st ed., pp. 43–56). Human Kinetics.
- Collins, D., **Bobrownicki, R.**, Carson, H. J., & MacPherson, A. C. (2024). “It is difficult to understand the universe if you only study one planet”: A Response to Myszka, Yearby & Davids. *Sport, Education and Society*, 29(8), 1036-1040. <https://doi.org/10.1080/13573322.2023.2235857>
- Carson, H. J., & **Bobrownicki, R.** (2024). Advancing mental imagery research from an interdisciplinary sport science perspective: A commentary on Frank et al. (2023). *Psychological Research*, 88, 1833–1836. <http://doi.org/10.1007/s00426-024-01942-z>
- Carson, H. J., **Bobrownicki, R.**, McMorris, T., Gray, S., Martindale, R., & Sproule, J. (2024). Motor learning. In J. Sproule (Ed.), *IB DP Sports, Exercise and Health Science: Course Book* (2 ed., pp. 444-491). Oxford University Press.
- Bobrownicki, R.**, Carson, H. J., MacPherson, A. C., & Collins, D. (2022). Unloading the dice: Selection and design of comparison and control groups in controlled trials to enhance translational impact within motor learning and control research. *International Journal of Sport and Exercise Psychology*, 20(5), 1330-1344. <https://doi.org/10.1080/1612197X.2021.1956567>
- Bobrownicki, R.**, Carson, H. J., & Collins, D. (2022). Conducting systematic reviews of applied interventions: A comment on Cabral et al. (2022). *Sport, Exercise, & Performance Psychology*, 11(3), 264–274. <https://doi.org/10.1037/spy0000299>
- Bobrownicki, R.**, & Valentin, S. (2022). Adding experiential layers to the transnational-athlete concept: A narrative review of real-world heterogeneous mobility experiences. *Psychology of Sport and Exercise*, 58, 102075. <https://doi.org/10.1016/j.psychsport.2021.102075>
- Bobrownicki, R.**, MacPherson, A. C., Collins, D., & Sproule, J. (2019). The acute effects of analogy and explicit instruction on movement and performance. *Psychology of Sport and Exercise*, 44, 17-25. <https://doi.org/10.1016/j.psychsport.2019.04.016>
- Bobrownicki, R.**, Collins, D., Sproule, J., & MacPherson, A. C. (2018). Redressing the balance: Commentary on “Examining motor learning in older adults using analogy instruction” by Tse, Wong, and Masters (2017). *Psychology of Sport and Exercise*, 38, 211–214. <https://doi.org/10.1016/j.psychsport.2018.05.014>
- Bobrownicki, R.**, MacPherson, A. C., Coleman, S. G. S., Collins, D., & Sproule, J. (2015). Re-examining the effects of verbal instructional type on early stage motor learning. *Human Movement Science*, 44, 168-181. <https://doi.org/10.1016/j.humov.2015.08.023>

Projects

- *Practice and communication in elite track and field competition: Investigation of real-world coach—athlete communication.*
 - Bobrownicki, R. (Principal Investigator) & Carson, H. (Co-investigator)
 - MHSES Seedcorn Funding – £2,360

- *Conceptions of citizenship, identity, and athletes' rights in relation to the Olympic Games: Athlete perspectives*
 - Bobrownicki, R. (Principal Investigator) & Valentin, S. (Co-investigator)
 - UWS via EU Horizon 2020 – €7,800 (Due to COVID, project pivoted from interviews in JP and CA to a review, see [Bobrownicki & Valentin, 2022](#))

Prizes

- *Grey PhD Research Scholarship* – The University of Edinburgh (2011)
- *Academic All-Ivy Award* – The Ivy League (2005) <https://ivyleague.com/sports/2017/7/28/history-honors-academic-all-ivy-brown.aspx>

Press/Media

Bobrownicki, R. & Carson, H. J. (2022). *Why athletes' skills fail them – and how focusing on memory can help professionals and amateurs perform better*, The Conversation. <https://doi.org/10.64628/AB.mpfhrpu6r>

Bobrownicki, R. (2021). One on one. *The Psychologist*, 34(10), 72. <https://the-psychologist.bps.org.uk/volume-34/october-2021/one-one-dr-ray-bobrownicki>

Nikkei (2021, March 20). 「苦渋の決断」 「特例」 海外メディアが速報 (‘*Difficult decision*’ ‘*Special case*’ *Overseas media breaking news*). 日本経済新聞. <https://www.nikkei.com/article/DGXZQODC2036P0Q1A320C2000000>

Barden, K. (2021, January 2). *A jump with...* *Nikki Manson*. Athletics Weekly. <https://athleticsweekly.com/news/interviews/a-jump-with-nikki-manson-1039939118>

Egelstaff, S. (2020, March 2). *Nikki Manson looking to get mindset right as she aims for Tokyo*. The Herald. <https://www.heraldscotland.com/sport/18274585.nikki-manson-looking-get-mindset-right-aims-tokyo>

