

Curriculum Vita
 Selen Razon, Ph.D.
 Professor
 West Chester University
 Department of Kinesiology
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Education

Florida State University, Tallahassee, FL Ph.D., Sport and Exercise Psychology	2012
University of Miami, Miami, FL M.S., Counseling Psychology	2005
Université Paris V, Paris, France B.S., Psychology	2001

Teaching & Student Advising

Courses Taught at West Chester University

Undergraduate	Graduate
FYE 100 – First Year Experience*	EXS 534** – Exercise Adherence
EXS 180 – Lifetime Fitness Concepts	EXS 570 – Concepts in Sport and Exercise Science*
EXS 222 – Introduction to Medical Terminology and Drug Classification**	EXS600 – Research Methods in HPER**
EXS 270 – Motor Learning ^{QM} **	EXS600 – Research Methods in HPER**
EXS 375 – Sport and Exercise Psychology ^{QM} **	EXS 641 – Group Dynamics **
EXS 490 – Internship	EXS 646 – Neuroscience Perspectives**
EXS 499 – Special Topics**	EXS698 – Research I
FYE 100 – First Year Experience*	EXS699 – Research II

*co-taught class

**delivered in traditional face-to-face, hybrid, and online platforms

^{QM} Quality-Matter Certified Course

Professional Experience

West Chester University, West Chester, PA Professor Department of Kinesiology	2025–Present
West Chester University, West Chester, PA Associate Professor Department of Kinesiology	2020–2025
West Chester University, West Chester, PA Assistant Professor Department of Kinesiology	2016–2020

Peer-Reviewed Publications**Published****#: Denotes student-author**

Judge, L. W., Thaller, J., Gray, J., Dolon, R., & **Razon, S.** (2025). Promoting exercise behavior to combat stress: A discussion paper on enhancing well-being and job performance of social workers in the non-profit sector. *Human Service Organizations: Management, Leadership & Governance*, 1–12.
<https://doi.org/10.1080/23303131.2025.2522125>

Judge, L.W., Livergood, K., Smith, A., & **Razon, S.** (2024). Advancing diversity, equity, and inclusion in kinesiology departments and allied health professions: Barriers, facilitators, and effective strategies. *Journal of Equity & Social Justice in Education*, 3. <https://doi.org/10.62889/2024/jkas1127>

Tokac U, McKeever M, **Razon S.** (2024) Mental health and exercise during the COVID-19 pandemic: A Twitter sentiment analysis. *Journal of Health Psychology*. 0, doi:10.1177/13591053241258208.

Judge, L.W., Petersen, J., Huffman, O., # & **Razon, S.** (2024). Addressing the adoption gap: Exploring resistance to evidence-based practices among NCAA coaches and their impact on athlete performance, health, and development. *Journal of Applied Sport Management*, 16, 7–16.

Aukštuolytė, E., # Daunoravičienė, A., # Tamulionytė, T., # Berškienė, K., Narbutaitė, J., # **Razon, S.**, & Slapsinskaite, S. (2024). Present but ignored: Generalized joint hypermobility among college-aged females. *Healthcare*, 12, 1065

Walasavage, S.B., Judge, L., # Fox, B., # Huffman, O., Vasiloff, O., Schlosser, A.J., # & **Razon, S.** (2023). The relationship between athletic identity and stress in Division II college softball players: Athletic identity and stress. *Journal of Higher Education Athletics & Innovation*, 2, 1–12.

Judge, L.W., Kim, H.J., # Lee, D# & **Razon, S.** (2023). Exploring body satisfaction and physical activity levels among collegiate females: A cross-cultural comparison." *Journal of Health and Physical Literacy*, 2, 49–69.

Trumbetti, A., # **Razon, S.**, Judge, L., Huffman, O., # & Ramick, M.G. (2023). Attitudes surrounding group vs. individual cycling during Covid-19: Cycling at home during Covid-19. *The Physical Educator*, 80, 527–539.

Powers, S., Judge, L.W., & **Razon, S.** (2023). Justification of deficit mentality in DI intercollegiate athletic department. *The Physical Educator*, 80, 344–380.

Koser, K., # Madara, N., #, Keenan, L., Huffman, O. R, # Judge, L., & **Razon, S.** (2022). The effects of essential oils on perception of exertion and task pleasantness. *Journal of Health and Physical Literacy*, 1, 11–29.

Buragas, T., # **Razon, S.**, & Slapšinskaitė-Dackevičienė, A. (2022). Foam rolling and neurodynamic mobilization: An evaluation of pain perception dynamics among powerlifters. *Slovak Journal of Sport Science*, 8, 2–15.

Madara, N., #Judge, L. W., Yates, N., #, Fox, B., # & **Razon, S.** (2021). The perceived effects of psychological skills training on anaerobic performance. *The Physical Educator*, 78, 458–370.

Gaucaite, G., # **Razon, S.**, Tamulionytė, V., Berškienė, K., & Slapsinskaite, A. (2021) Postural changes in physical therapy students: Results from a three-year study. *Journal of Student Physical Therapy Research*, 11, 19–28.

Tokac, U., & **Razon, S.** (2021) Nursing professionals' mental well-being and workplace impairment during the COVID-19 crisis: A network analysis. *Journal of Nursing Management*, 0, 1–7.

Oostveen, A., # Ramick, M.G., **Razon, S.**, Tokac, U., & Reed, M.A. (2020). The effects of a pre-Infusion and home exercise program on quality of life and fatigue during chemotherapy treatment: A case study. *International Journal of Research in Exercise Physiology*, 16, 79–92.

Blose, J.M., # Stickles, P., # Battaglino, A., # Trumbetti, A., # James, J., # Cooper, K., # Schade, A., # Reed, M., **Razon, S.**, & Whidden, M.A (2020). The effects of a six-week weight loss program on blood lipid profiles and cardiovascular health. *The Journal of Exercise and Nutrition*, 3, 16.

Stickles, P., # Blose, J.M., # Battaglino, A., # Trumbetti, A., # James, J., # Cooper, K., # Schade, A., # Reed, M., **Razon, S.**, and Whidden, M.A. (2020). The effects of a six-week weight loss program on body composition and muscular strength and endurance. *The Journal of Exercise and Nutrition*, 3, 19.

Bernotiene, G., # Slapsinskaite, A., Daunoravičienė, A., # Berškienė, K., # Vainoras, A., & **Razon, S.** (2020). The effects of yoga on cardiovascular system in healthy women: Implications for best practice. *Alternative Therapies in Health and Medicine*, AT6272.

Basevitch, I., Filho, E., **Razon, S.**, Boiangin, N., & Tenenbaum, G. (2020). Anticipation and situation assessment skills in soccer under cued and non-cued contextual conditions. *Journal of Sport and Exercise Psychology* 42, 59–69.

Bernotiene G., # **Razon, S.**, Daunoravičienė, A., # Vainoras, A., & Slapsinskaite, A (2019). Heart rate variability changes in the integrated yoga program: Results and implications. *Baltic Journal of Sport and Health Sciences*, 4, 4–12.

Ferkel, R. C., Hutchinson, Z. T., **Razon, S.**, True, L., Zupin, D., Jones, L. M., & Judge, L. W. (2019). The benefits of health-related fitness education in secondary pe. *Physical Educator*, 76, 883–906.

Under Review

#: Denotes student-author

Tokac, U., McKeever, M., Werner, K. B., Aktar, M. # & **Razon, S.** (2025). Enhancing biostatistics skills in online nursing education through the think-pair-share approach. *Journal of Professional Nursing*.

Razon, S., Tokac, U., Christman, T.,# Ersoz, G., Huffman, O. R.,# Wallace, A., & Judge, L.W. Effectiveness of technology-based physical activity interventions on mood and heart rate among individuals with disabilities. *Disability and Health Journal*

In Preparation

#: Denotes student-author

Sookiasian, M.K., # Tokac, U., Davidson, P., **Razon, S.**, & Reed, M.A. Diabetes prevention program: Reported lifestyle coaches' habits and motivations.

Edited Books

Published

Razon, S. & Sachs, M. (2024) (Eds.) (2nd Edition). *Exercise psychology: The challenging journey from motivation to adherence*, Routledge.

Sachs, M., Tashman, L., & **Razon, S.** (2020) (Eds.) *Performance excellence: Stories of success from the real world of sport and exercise psychology*, Rowman & Littlefield Publishing Group.

In Preparation

Sachs, M., Cohen, B., Carter, L., Young-Kuchenbecker, S., Lee, R., Perkins-Ball, A., **Razon, S.**, Rios-Doria, N., & Swedlund, C., (Eds). *No more excuses: Compelling stories of overcoming barriers to exercise participation*, Excusercise, LLC.

Invited Article

Published

Razon, S. & Sachs, M. Psicología del ejercicio. (2023). *Asociación de Psicología de Puerto Rico (AAPR), Boletín*, 46, 6–8.

Refereed Book Chapters

Published

Razon, S. (2024). Introduction and book objectives. In S. Razon & M. Sachs (Eds.) (2nd Edition). *Exercise psychology: The challenging journey from motivation to adherence*, Routledge.

Razon, S., Basevitch, I., & Hutchinson, J. (2024). Use of sensory modalities for adoption and maintenance of physical activity. In S. Razon & M. Sachs (Eds.) (2nd Edition). *Exercise psychology: The challenging journey from motivation to adherence*, Routledge.

Razon, S., Tashman, L.S., Simpson, D.J., & Cremades, G. (2024) Psychological skills training for adopting and adhering to exercise. In S. Razon & M. Sachs (Eds.) (2nd Edition). *Exercise psychology: The challenging journey from motivation to adherence*, Routledge.

Carter, L., Park, G.H, **Razon, S.,** & Sachs, M.L. (2023). What is sport and performance psychology? (pp.7–22). In D. Christensen, T. Lun, & S. Brueckener (Eds), *Directory of graduate programs in applied sport psychology* (13th Edition), Association for Applied Sport Psychology.

Razon, S., & Gershgoren, L. (2022). Physical activity: Adoption and perseverance. (pp. 487–510). In L. Gershgoren, R. Lidor, & G. Tenenbaum (Eds.). *The psychology of sport, exercise, and performance: From theory to practice*, Mofet Institute.

Razon, S., & Sachs, M.L. (2021). Health behavior and exercise adherence. In E. Filho & I. Basevitch (Eds.). *The unknown in sport, exercise, and performance psychology: Research questions to move the field forward* (pp. 208–222), Oxford University Press.

Ratto, L.M., & **Razon, S.** (2021). Psychology in kinesiology. In M. Garver & W. Stone (Eds.). *Practical content for beginning kinesiologists* (pp.139–166), Perceivant.

Ramick, R. & **Razon, S.** (2020). Make no mistake: Your thoughts build your game. In M. Sachs, L. Tashman, & S. Razon (Eds.) *Performance excellence: Stories of success from the real world of sport and exercise psychology* (pp. 129–132), Rowman & Littlefield Publishing Group.

Razon, S. (2020). Defying the odds. In M. Sachs, L. Tashman, & S. Razon (Eds.) *Performance excellence: Stories of success from the real world of sport and exercise psychology* (pp. 208–211), Rowman & Littlefield Publishing Group.

Razon, S. & Ramick, R. (2020). Do not quit! In M. Sachs, L. Tashman, & S. Razon (Eds.) *Performance excellence: Stories of success from the real world of sport and exercise psychology* (pp. 211–214), Rowman & Littlefield Publishing Group.

Peer-Reviewed Abstracts

Published

#: Denotes student-author

Razon, S., Kim, H.J., # Schlosser, A., # Huffman, O., # Judge, L. (2022) Relationship between body satisfaction and exercise behavior: A cross-cultural comparison. In *Proceedings of the Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM)* (Vol.9 Iss.11 Article 29).

Cunningham O. A., # Reed, M.A., **Razon, S.,** Harris, J.E., Ramick, M. (2021). The effects of a regular yoga practice mental health in college students during COVID-19. In *Proceedings of the Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM)* (Vol.9 Iss.10 Article 86).

Trumbetti, A., # Huffman, O., # Judge, L., **Razon, S.,** & Ramick, M. (2021). Attitudes surrounding group vs. individual cycling during COVID-19. In *Proceedings of the Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM)* (Vol.9 Iss. 10 Article 7).

Shafer, M., # **Razon, S.,** Kubachka, E., & Ramick, M. (2021). The effects of acute bouts of aerobic and resistance exercise on neuroplasticity: A pilot study. In *Proceedings of the Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM)* (Vol.9 Iss. 10 Article 16).

Schlosser, A., # Harris, J.E., Ramick, M., Howard, R. & **Razon, S.** (2021). Resistance and endurance training improve exercise enjoyment and happiness in young adults. In *Proceedings of the Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM)* (Vol.9 Iss. 10 Article 20).

Koser, K., # Tokac, U., Reed, M., Whidden, M., & **Razon, S.** (2020). The effects of essential oils on perception of exertion, task pleasantness and time on task. In *Proceedings of the Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM)* (Vol.9 Iss. 8 Article 61).

Peer-Reviewed Presentations

International Presentations

Denotes student-author/presenter

Razon, S., & Volkwein, K. Imagery and physical activity: Can imagery help physical activity adherence in women? Poster presented in the 19th Quadrennial Meeting of the International Association of Physical Education and Sport for Girls and Women (IAPESGW), Tianjin, China, September 8–10, 2021. (Virtual Presentation due to COVID-19 Pandemic).

Volkwein, K., & **Razon, S.** Women united – Immigration and integration through sports. Poster presented in the 19th Quadrennial Meeting of the International Association of Physical Education and Sport for Girls and Women (IAPESGW), Tianjin, China, September 8–10, 2021. (Virtual Presentation due to COVID-19 Pandemic).

Razon, S., O'Brien, A., # Tokac, U., Koser, K.N., # Heinerichs, S., Reed, M.A. A campus wide effort to promote exercise: Lessons learned and implications. Paper presented at the 5th International Exercise and Sport Psychology Congress, Istanbul, Turkey, September 25–27, 2020 (Virtual Presentation due to COVID-19 Pandemic).

Volkwein, K., & **Razon, S.** Women united – Immigration and integration through sports. Paper scheduled for presentation in the Annual Meeting of the Japanese Society of Physical Education, Health and Sport Sciences (JSPEHSS), Yokohama, Japan, September 10–12, 2020 (Presentation canceled due to COVID-19 Pandemic).

National Presentations

Denotes Student Author/Presenter

Tokac, U., McKeever, M., Werner, K. B., & **Razon, S.** Think-Pair-Share: A Strategy for Elevating Biostatistics Understanding in Online Nursing Courses Poster presented at the Annual Meeting of the The American Educational Research Association (AERA), Denver, CO, April 24, 2025

Razon, S., & Ersoz, G. Five slides in five minutes–Applied exercise psychology: To infinity and beyond. Sponsored by the Exercise Psychology & Wellness SIG. Paper presented at the Annual Meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL, October 18–21, 2023.

Razon, S., Schlosser, A., # Harris, J., & Judge, L., Improving moods and exercise enjoyment in young adults: Resistance or endurance training? Poster presented at the Annual Meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL, October 18–21, 2023.

Razon, S., Kim, H.J., # Schlosser, A., # Huffman, O., # Judge, L. Relationship between body satisfaction and exercise behavior: A cross-cultural comparison. Poster presented at the Annual Meeting of the American College of Sport Medicine (ACSM), Denver, CO, May 30–June 2, 2023.

Judge, L., Walasavage, S. #, Fox, B., # Schlosser, A., # Huffman, O., #, **Razon, S.**, Athletic identity, and stress in Division II Softball Players. Paper presented at the Annual Meeting of the College Sport Research Institute (CSRI), Columbia, SC, March 22–24, 2023.

Tokac, U. & **Razon S.** Relationship between years of nursing, mental health, and work effectiveness during the COVID-19 crisis. Paper presented for the 3rd National Biennial Summit on Promoting Well-being and Resilience in Healthcare Professionals, Columbus, Ohio, September 28–30, 2022.

Tokac, U., & **Razon, S.** Mental health and exercise during the COVID-19 pandemic: A twitter sentimental analysis. Poster presented at the Annual Meeting of the American Psychological Association (APA), Minneapolis, MN, August 4–August 7, 2022.

Ramick, M., Cunningham O. A., # **Razon, S.**, Harris, J.E., Reed, M.A. The effects of a regular yoga practice mental health in college students during COVID-19. Poster presented at the Annual Meeting of the American College of Sport Medicine (ACSM), San Diego, CA, May 31–June 4, 2022.

Razon, S., Trumbetti, A., # Huffman, O., # Judge, L., & Ramick, M. Attitudes surrounding group vs. individual cycling during COVID-19. Poster presented at the Annual Meeting of the American College of Sport Medicine (ACSM), San Diego, CA, May 31–June 4, 2022.

Schlosser, A., # Harris, J.E., Ramick, M., Howard, R., & **Razon, S.** Resistance and endurance training improve exercise enjoyment and happiness in young adults. Poster presented at the Annual Meeting of the American College of Sport Medicine (ACSM), San Diego, CA, May 31–June 4, 2022.

Razon, S., Wolfrum, L.D., #, & Harris, J.E. Body self-perceptions of students in exercise science major. Poster presented at the Annual Meeting of the American College of Sport Medicine (ACSM), June 1–June 5, 2021. (Virtual conference due to COVID 19 Pandemic).

Razon, S., Koser, K., # Tokac, U., Reed, A.M., & Whidden, A.M. Essential oils and exercise: Effects on perceived effort, task pleasantness, and time on task. Poster presented at the Annual Meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL, October 21–October 24, 2020. (Virtual conference due to COVID 19 Pandemic).

Reed, M.A., Tokac, U., & **Razon, S.** Exercise is medicine day on campus: A survey of physical activity and nutrition habits. Poster scheduled for presentation at the Annual Meeting of the American College of Sport Medicine (ACSM), San Francisco, CA, May 26–May 30, 2020. (Presentation canceled due to COVID-19 Pandemic).

Razon, S., Koser, K., # Tokac, U., Whidden, M.A., Reed, M.A., & Ramick, M. The effects of essential oils on perception of exertion, task pleasantness and time on task. Poster presented at the Annual Meeting of the American College of Sport Medicine (ACSM), San Francisco, CA, May 26–May 30, 2020. (Presentation canceled due to COVID-19 Pandemic).

Greenland, P., # **Razon, S.**, Tokac, U., & Tenenbaum, G. The effects of mental imagery use on perceived exertion and exercise tolerance. Poster scheduled for presentation at the Annual Meeting of the American College of Sport Medicine (ACSM), San Francisco, CA, May 26–May 30, 2020. (Presentation canceled due to COVID 19 Pandemic).

Local and Regional Conferences

Denotes student-author/presenter

Sachs, M., Cohen, B., Friesen, A., Greene, M., O'Brien, E., **Razon, S.** I've got This Awesome Idea for a Book – What do I do Now? Symposium presented at the 2025 Mid-Atlantic Regional Sport Psychology Conference (NASP), Glassboro, NJ, February 22, 2025.

Tokac, U., McKeever, M., Werner, K. B., Aktar, # M., & **Razon, S.** Enhancing biostatistics education in nursing through the think-pair-share approach: A shift towards collaborative learning. Paper presented at the 23rd Annual Meeting of Focus on Teaching and Technology Conference (FFTC), St. Louis, MI, October 3, 2024.

Sachs, M., Tashman, L., & **Razon, S.** Performance excellence: Stories of success from the real world of sport and exercise psychology. Workshop presented at the Annual Meeting of Northeast Atlantic Sport Psychology Conference (NASP), Glassboro, NJ, February 24, 2024.

Howard, R., Ottley, M., & **Razon, S.** The role of sport psychology in a sport performance model. Symposium presented at the Annual Meeting of Northeast Atlantic Sport Psychology Conference (NASP), Glassboro, NJ, February 24, 2024.

Razon, S., Walasavage, S. #, Kralik, K., # & Judge, L. Athletic identity and stress in student athletes: Optimizing mental well-being. Poster presented at the Annual Meeting of Northeast Atlantic Sport Psychology Conference (NASP), Glassboro, NJ, March 24–25, 2023.

Razon, S., Kim, H.J., # Schlosser, A., # Huffman, O., # Judge, L. Relationship between body satisfaction and exercise behavior: A cross-cultural comparison. Poster presented at Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM), Harrisburg, PA, November 4–5, 2022.

Schlosser, A., #, Robert, A., # James, M., Harris, J.E., **Razon, S.** Does self-efficacy mediate between the association between clinician-patient relationship and adherence to prescribed home rehabilitation exercises for musculoskeletal conditions: A pilot study. Poster presented at the Annual Meeting of Northeast Atlantic Sport Psychology Conference (NASP), West Chester, PA, April 8–9, 2022.

Schlosser, A., # Harris, J.E., Ramick, M., Howard, R. & **Razon, S.** Resistance and endurance training improve exercise enjoyment and happiness in young adults. Poster presented at the Annual Meeting of Northeast Atlantic Sport Psychology Conference (NASP), West Chester, April 8–9, 2022.

Cunningham O. A., # Reed, M.A., **Razon, S.**, Harris, J.E., Ramick, M. The effects of a regular yoga practice on mental health in college students during COVID-19. Poster presented at Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM), Harrisburg, PA, November 5–6, 2021.

Trumbetti, A., # Huffman, O., # Judge, L., **Razon, S.**, & Ramick, M. Attitudes surrounding group vs. individual cycling during COVID-19. Poster presented at Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM), Harrisburg, PA, November 5–6, 2021.

Shafer, M., # **Razon, S.**, Kubachka, E., & Ramick, M. The effects of acute bouts of aerobic and resistance exercise on neuroplasticity: A pilot study. Poster presented at Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM), Harrisburg, PA, November 5–6, 2021.

Schlosser, A., # Harris, J.E., Ramick, M., Howard, R. & **Razon, S.** Resistance and endurance training improve exercise enjoyment and happiness in young adults. Poster presented at Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM), Harrisburg, PA, November 5–6, 2021.

Razon, S., & Koser, K. # The effects of essential oils on perception of exertion, task pleasantness and time on task. Paper presented at the Annual Meeting of Northeast Atlantic Sport Psychology Conference (NASP), West Chester, PA, April 9, 2021. (Virtual conference due to COVID 19 Pandemic).

Wolfrum, L.D., #, Harris, J.E., & **Razon, S.** *Body self-perceptions of students in exercise science major.* Poster presented at Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM), November 6, 2020. (Virtual conference due to COVID 19 Pandemic).

Cunningham O. A., # McQuillen, A.N., # **Razon, S.**, Reed, M.A., Ramick, M.G. *The effects of a regular yoga practice on psychophysiological measures in college students.* Poster presented at Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM), November 6, 2020. (Virtual conference due to COVID 19 Pandemic).

Cunningham O. A., # McQuillen, A.N., # **Razon, S.**, Reed, M.A., Ramick, M.G. *The effects of a regular yoga practice on psychophysiological measures in college students.* Poster presented at Research Day at West Chester University (WCU), West Chester, PA, April 27, 2020.

Sookiasian, M.K., # **Razon, S.**, Davidson, P.G., Tokac, U., & Reed, M.A. *Diabetes prevention program: An investigation of lifestyle coaches' habits and motivations.* Poster presented at Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM), Harrisburg, PA, November 1–2, 2019.

Koser, K., # Tokac, U., Reed, M.A., Whidden, M.A., & **Razon, S.** The effects of essential oils on perception of exertion, task pleasantness and time on task. Poster presented at Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM), Harrisburg, PA, November 1–2, 2019.

Oostveen, A.L., # Ramick, M.G., **Razon, S.**, & Reed, M.A. Effects of pre-infusion and home exercise program on quality of life and fatigue during chemotherapy treatment: A case study. Poster presented at Mid Atlantic Regional Chapter of the American College of Sport Medicine (MARC ACSM), Harrisburg, PA, November 1–2, 2019.

Invited Lectures

International

Razon, S. Psychology of Exercise: Theories and Applications for Long Term Exercise-Adherence. Fenerbahce University, Istanbul, Turkey, July 21, 2022.

Razon S. Psychology of Peak Performance: Preventing Overtraining and Burnout. Galatasaray Sports Club, Istanbul, Turkey, April 25, 2022.

Razon S. Psychology of Peak Performance: The Basics. Galatasaray Sports Club, Istanbul, Turkey, February 24, 2022.

Razon, S. Psychology of Exercise. Galatasaray Sports Club, Istanbul, Turkey, January 24, 2022.

Razon, S., & Keenan, L. Starting a Center: Extending the Practical Teaching of Sport and Exercise Psychology
Invited workshop in the 5th International Exercise and Sport Psychology Congress, Istanbul, Turkey, September 25– 27, 2020.

National

Razon, S. Psychology of sport events. Mental toughness tips for sport management staff. University of West Florida, Pensacola, FL, August 31, 2022.

Razon, S. Psychology of Exercise. “I’m psyched for science hour” for the American Psychological Association, APA, Washington, DC, April 18, 2022.

Regional

Razon, S. "Basics of Research in Movement Sciences. Yoga Teacher Training Program, West Chester University, PA, December 15, 2024.

Razon, S. Exercise is Medicine: Really???. Lower Merion Synagogue, Merion Station, PA, April 19, 2023.

Razon, S., Increasing Face-to-Face Interaction in Online Courses: The Use of Flipgrid. Tech Talk and Treats, West Chester University, WCU, West Chester, PA, April 14, 2022.

Student Mentorship/Research Projects/Theses/Dissertations/Clinical Experiences

Graduate Students

Clinical Experience Mentor — Samantha Pawluczyk — TG Performance — Project completion — May 2025.

Research Project Chairperson — Tara Christman — The Effect of Imagery on Competition Performance in Young Competitive Dance Athletes — Project completion — May 2025.

Research Project Chairperson — Joseph Passaro — Use of virtual reality for exercise adherence: Does it help? — Project completion — May 2025.

Research Project Chairperson — Maggie Plaisted — SSRI and Exercise Response: Potential Effects and Implications — Project completion — May 2025.

Dissertation Committee Member — Sharday Fonseca — Assessing the impact of athletic trainers on concussion reporting between schools with socioeconomic differences — Dissertation completion — May 2025.

Research Project Chairperson — Lily McFarland — Navigating mental health in gymnastics: Recommendations and implications — Project completion – May 2025.

Research Project Chairperson — Matthew Solomon — Use and trust in health information sources: Effects on health behavior — Project completion — May 2025.

Research Project Chairperson — Shelby Hinsey — Use of self-talk for sport performance: Recommendations and implications — Project completion — May 2025.

Research Project Chairperson — Eric Jacobs—Cohesion in team sports: A survey Study — Project completed —May 2024.

Research Project Chairperson—Samantha Bevilacqua — The Effects of Psychological Skills Training on Sports Performance in Young Volleyball Players — Project completed — May 2023.

Research Project Chairperson — Andrew Schlosser — Resistance and Endurance Training Improve Exercise Enjoyment and Happiness in Young Adults — Project completed —May 2022.

Research Project Chairperson — Austin C. Roberts — Does Self-Efficacy Mediate the Association Between the Clinician-Patient Relationship and Adherence to Prescribed Home Rehabilitation Exercises for Musculoskeletal Conditions? A Pilot Study—Project completed — July 2021.

Thesis Committee Member — Alexis Trumbetti — Attitudes Surrounding Group vs. Individual Cycling during COVID-19 — Thesis completed — June 2021.

Research Project Chairperson—Shreya Patel —The Effect of Yoga on Females with Pre-menstrual Syndrome and Quality of Life — Project completed — May 2021.

Thesis Committee Member — Pirin Sriweawnetr —Effects of Chronic Ankle Instability on Perceived Stress and Emotional Response — Thesis completed — May 2021.

Thesis Committee Member — Andrew P. Jarmuz —Sport-Imagery Ability and Motor Skill Cue Preference — Thesis completed —April 2021.

Thesis Committee Member — Michael Shafer —The Effects of Acute Bouts of Aerobic and Resistance Exercise on Neuroplasticity —Thesis completed — May 2020.

Thesis Committee Member — Jessica Nugent —The relationship Between General Anxiety, Social Physique Anxiety, and Body Image in Collegiate Student–Athletes and Nonathletes —Thesis completed —May 2020.

Thesis Chairperson — Nicholas Madara —The Perceived Effects of Psychological Skills Training on Anxiety and Anaerobic Performance — Thesis completed —May 2020.

Research Project Chairperson — Sarah Walasavage —The Relationship Between Athletic Identity and Stress in Division II Collegiate Female Athletes — Project completed — May 2020.

Dissertation Committee Member —Ksenia Power — Disordered Eating and Compulsive Exercise in Collegiate Athletes — Dissertation completed — May 2020.

Undergraduate Students

Research Project Chairperson — Leigh D. Wolfrum- Exercise Science Labs: Potential Effects on Students' Self-Perceptions — Project Completed —Spring 2020.

Research Project Chairperson —Michael Hartman — The Effect of High-Intensity Interval Training on Mood State, Self-Efficacy, and Cognitive Function — Project Completed— Spring 2020.

Other Scholarly Activity

Professional Association Leadership

Chair and Editor, Association for Applied Sport Psychology (AASP) Newsletter Committee	2023–present
Moderator, American College of Sports Medicine, Mid Atlantic Chapter	2022–present
Chair, Exercise Psychology and Wellness Special Interest Group (SIG), AASP	2022–present
Member, Teaching Excellence Award, AASPF*	2021–present
Member, Sharing Knowledge Award, AASPF*	2021–present
Co-organizer, Northeast Atlantic Sport Psychology Conference, NASP	2020–2022
Research Committee Member, American College of Sports Medicine, Mid Atlantic Chapter	2016–present
Research Committee Member, Northeast Atlantic Sport Psychology Conference, NASP	2016–present
Research Committee Member, AASP	2013–present
Chair and Member, Seed Grant Committee, AASPF*	2016–present

**Association for Applied Sport Psychology Foundation*

Extramural Funding

Selen Razon. Regional Conference. Association for Applied Sport Psychology (AASP)
Regional Conference Grant. \$500.00.

Fall 2021

Selen Razon. Erasmus K107 Award. € 3880.00 (\$4,557.25).

Fall 2020

Internal Grant and Equipment Funding

Selen Razon, Meghan Ramick, Melissa Reed, Austin Roberts. Assessing Low Back Pain:
A Psychological Approach. Proposal for CHS International Initiatives Awards. \$1700.00.

Spring 2020

Professional Development

Yoga Teacher Training Program - RYS 200, WCU Yoga Teacher Training Program
CHS Diversity and Inclusion Faculty Learning Community (DIFLC), WCU
Advising Professional Development Program, WCU, Advising Excellence Committee

Spring 2023

Spring 2022

Spring 2021

Service**University Service**

Committee Member, Diversity Gen Ed Subcommittee, CAPC*
Faculty Advisor, The Hidden Opponent, WCU Chapter
Senator, Faculty Senate
Recording Secretary, Faculty Senate
Committee Chair, Student Welfare Committee, Faculty Senate
Committee Member, Early Learning Center Subcommittee, Faculty Senate
Proxy, Faculty Senate
Committee Member, New Faculty Orientation (NFO)
Committee Chair, Faculty Ambassadors, NFO
Committee Member, Roundtable Discussions, NFO
Committee Member, Ethics Gen Ed Subcommittee, CAPC*
Alternate delegate, APSCUF
Committee Member, Faculty Mentoring Committee
Committee Member, University Advising Assessment Committee
Panel Speaker, TeP Workshop
Faculty Name Reader, Fall Graduation Ceremony
* *Curriculum and Academic Policies Council (CAPC)*

2025–present

2023–present

2022–present

2023–2024

2022–2023

2021–2022

2020–2022

2019–2025

2022–2024

2021–present

2020–present

2020–present

2022–present

2021–present

2020

Fall 2019

College of Health Sciences Service

Committee Member, Faculty-Student Research Award (SFRA) Committee
Faculty Representative, Exercise is Medicine Day on Campus

2018–present

2017–present

Departmental Service

Committee Chair, Five-year Review-Dr. Melissa Whidden
Graduate Coordinator for M.S. Exercise and Sport Science
Committee Member, Curriculum and Academic Policies Council (CAPC)
I (Interdisciplinary) and J (Diverse communities) review committee
KIN 246- Sport, Wellness, and Society.
Lead course preparer for CAPC
PEA 142, EXS 481, EXS 501, EXS 570, EXS 534, SEP Certificate
Department Liaison for College
Committee Chair, Faculty Evaluation Committees-Christa Carlson
Committee Member, Faculty Evaluation Committees
Committee Member, Speaking Emphasis Committee
Faculty Mentor, Chester County Future High School Students Day Visit
Committee Member, Chair Election Committee
Assessment Coordinator, Undergraduate and Graduate Programs
Committee Member, Assessment and Curriculum Committee

2025–2026

2025–present

2025–present

2024–present

2021–present

2021–2023

2021–present

2020–present

2019–present

2019–present

2020–present

2017–present

2016–present

Community Service

Instructor, Gentle Restorative Yoga Class for Faculty and Staff, WCU	2020–present
Instructor, Gentle Yoga, German Society of Pennsylvania	2020–present
Instructor, Health, German Society of Pennsylvania	2020–present
Faculty Advisor, A Moment of Magic WCU Chapter	2020–present

Awards/ Honors

WCU Honors College-Outstanding Advising Award	2023
WCU Faculty Expert Guide Recognition	2022
College of Health – Advising Excellence Award	2019
Community Leadership Recognition	2019

Professional Memberships

Association for Applied Sport Psychology	2007–present
American College of Sports Medicine	2016–present