

# DR MICHAEL NOETEL

## Senior Lecturer; Sport and Performance Psychologist

What actually works to make the world a better place? I want to help decision-makers choose what works as they lead others to do the same. I use my expertise in systematic reviews and meta-analyses to figure out what works and why, once we consider all the evidence. I use this knowledge to change behaviour in health, education, sport, and the broader community. I have received 5 awards for outstanding teaching and has an emerging track record of publishing high-quality research. I have also used this background to have an impact in the community, from coaches and players in the NRL and AFL, and to leading executives from the wealth and financial services industries. I hope to help people change their own behaviour—and the behaviour of others—to live more effective, inspiring, and high-performing lives.



## EDUCATION

- 2019 • **Doctor of Philosophy (Psychology)**  
Institute for Positive Psychology and Education North Sydney, NSW  
Australian Catholic University
- 2010 • **Masters of Applied Psychology (Sport and Exercise)**  
The University of Queensland St Lucia, QLD
- 2008 • **Bachelor of Science (Advanced, Honours)**  
Double Major: Psychology; Computational Science Camperdown, NSW  
University of Sydney



## ACADEMIC EXPERIENCE

- Present • **Senior Lecturer - Research Focused**  
School of Health and Behavioural Sciences Banyo, QLD  
Australian Catholic University
- 2020 • **Senior Lecturer - Teaching and Research**  
School of Health and Behavioural Sciences Banyo, QLD  
Australian Catholic University
- 2019 • **Acting Course Coordinator**  
Masters of Psychology (Sport and Exercise) St Lucia, QLD  
University of Queensland
- 2019 | 2015 • **Lecturer - Teaching Focused**  
School of Health and Behavioural Sciences Strathfield, NSW  
Australian Catholic University
- 2019 | 2018 • **Research Fellow (Secondment; .4 FTE)**  
Institute for Positive Psychology and Education North Sydney, NSW  
Australian Catholic University

## CONTACT INFO

✉ [michael.noetel@acu.edu.au](mailto:michael.noetel@acu.edu.au)

🔗 [Google Scholar](#)

☎ +61 414 822 353

📺 [Online Educational Videos](#)

## SKILLS

Subject-matter expertise: sport, performance, exercise, educational, and organisational psychology

Leadership skills: project management, agile, scrum, coaching, transformational leadership

Research skills: evidence synthesis (systematic reviews, meta-analysis), knowledge translation, statistics with R

Teaching skills: online video, interactive learning, curriculum design

## ACADEMIC METRICS



Publications: 21

Citations: 245

h-index: 8

*This CV is an HTML document created using the 'pagedown' library in R. The publication list and academic metrics are procedurally generated from google scholar using the 'scholar' library.*

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- 2014  
|  
2013 ● **Sessional Academic**  
School of Exercise Science  
Australian Catholic University  Strathfield, NSW
- 2012  
|  
2009 ● **Tutor and Guest Lecturer**  
Schools of Psychology, Business, and Human Movement  
University of Queensland  St Lucia, QLD



## AWARDS

- 2020 ● **Australian Catholic University Nominee**  
Australian Awards for University Teaching
- 2020 ● **Best presentation in Educational Technology theme**  
2020 Scholarship of Tertiary Teaching Conference, CQUniversity
- 2019 ● **Citations for Outstanding Contributions to Student Learning**  
Australian Catholic University
- 2017 ● **Citation for Outstanding Contribution to Learning and Teaching (Team Award)**  
Australian Catholic University, Faculty of Health Sciences
- 2015 ● **Citations (Early Career) for Outstanding Contributions to Student Learning**  
Australian Catholic University
- 2015 ● **Citations (Early Career) for Outstanding Contributions to Student Learning**  
Australian Catholic University, Faculty of Health Sciences
- 2012 ● **Annual Student Award**  
Australian Psychological Society, College of Sport and Exercise Psychologists
- 2011 ● **Official Commendation for Teaching Excellence**  
Faculty of Social and Behavioural Science, University of Queensland
- 2010 ● **Tutor Excellence Award**  
School of Psychology, University of Queensland
- 2009 ● **Dean's Commendation for High Achievement**  
Faculty of Social and Behavioural Science, University of Queensland



## CONTINUING PROFESSIONAL LEARNING

- 2021 ● **Bayesian Statistics: From Concept to Data Analysis (with honors)**  
University of California, Santa Cruz

- 2020 ● **Organizational Leadership Specialization**  
Northwestern University
- High Performance Collaboration: Leadership, Teamwork, and Negotiation
  - Leadership Communication for Maximum Impact: Storytelling
  - Leadership Through Social Influence
  - Leadership Through Marketing
  - Leadership Through Design Innovation
  - Organizational Leadership Capstone
- 2020 ● **Influencing Specialization: Storytelling, Change Management and Governance**  
Macquarie University
- Leading transformations: Manage change
  - Negotiation skills: Negotiate and resolve conflict
  - Storytelling and influencing: Communicate with impact
  - Risk governance: Engage the board
- 2020 ● **Model Thinking**  
University of Michigan
- 2020 ● **Introduction to Translational Science**  
University of Rochester
- 2020 ● **Psychological First Aid**  
Johns Hopkins University
- 2020 ● **Effective Altruism**  
Princeton University
- 2020 ● **Scrum Fundamentals**  
Udemy
- 2018 ● **A Crash Course in Causality: Inferring Causal Effects from Observational Data**  
University of Pennsylvania
- 2018 ● **Data Science Specialization**  
Johns Hopkins University
- Data Science Capstone
  - The Data Scientist's Toolbox
  - Getting and Cleaning Data
  - Reproducible Research
  - Developing Data Products
  - Practical Machine Learning
  - Regression Models
  - Exploratory Data Analysis
  - Statistical Inference
  - R Programming
- 2017 ● **Conducting an Intervention Review**  
Cochrane
- 2017 ● **Documentary Masterclass**  
Australian Film Television and Radio School

- 2017 ● **Learning How to Learn: Powerful mental tools to help you master tough subjects**  
McMaster University & University of California San Diego
- 2016 ● **Board Approved Supervisor Training: Refresher and Masterclass**  
Australian Psychological Society
- 2015 ● **Gamification**  
University of Pennsylvania
- 2014 ● **Learning to Teach Online**  
University of New South Wales



## ACCREDITATIONS

- Present | 2020 ● **Senior Fellow, Higher Education Academic (SFHEA)**  
AdvanceHE
- Present | 2012 ● **Registered Psychologist**  
Australian Health Practitioner Regulation Agency
- Present | 2014 ● **Endorsed Sport and Exercise Psychologist**  
Australian Health Practitioner Regulation Agency
- Present | 2015 ● **Board Approved Supervisor**  
Australian Health Practitioner Regulation Agency
- Present | 2012 ● **Member**  
Australian Psychological Society
- Present | 2014 ● **Fellow**  
College of Sport and Exercise Psychologists  
Australian Psychological Society



## INTERNAL AND EXTERNAL COMMITTEES

- Present | 2020 ● **Australian Catholic University**  
Faculty Board  
Faculty of Health Sciences
- Present | 2019 ● **Australian Catholic University**  
Higher Degree Research Committee  
Institute for Positive Psychology and Education
- Present | 2015 ● **Australian Psychological Society (APS)**  
College of Sport and Exercise Psychologists (CSEP)
  - National Treasurer: 2015-2017; 2019-Present
  - NSW Chair: 2015-2017
  - QLD Chair: 2019-Present



## PUBLICATIONS

- 2021 ● SA Vella, C Swann, M Batterham, KM Boydell, S Eckermann, H Ferguson, ... (2021). An intervention for mental health literacy and resilience in organized sports. *Medicine and Science in Sport and Exercise*, 53(1), 139  
— 2 citations
- 2021 ● TB Hartwig, T Sanders, D Vasconcellos, **M Noetel**, PD Parker, DR Lubans, ... (2021). School-based interventions modestly increase physical activity and cardiorespiratory fitness but are least effective for youth who need them most: an individual participant .... *British journal of sports medicine*,
- 2021 ● EL Bradshaw, RM Ryan, **M Noetel**, AK Saeri, P Slattery, E Grundy, ... (2021). Information Safety Assurances Increase Intentions to Use COVID-19 Contact Tracing Applications, Regardless of Autonomy-Supportive or Controlling Message Framing. *Frontiers in psychology*, 11, 3772
- 2021 ● B del Pozo Cruz, TB Hartwig, T Sanders, **M Noetel**, P Parker, D Antczak, ... (2021). The effects of the Australian bushfires on physical activity in children. *Environment International*, 146, 106214
- 2020 ● **M Noetel**, S Griffith, O Delaney, T Sanders, P Parker, B del Pozo Cruz, ... (2020). Video improves learning in higher education: A systematic review. *Review of Educational Research*, 0034654321990713  
— 5 citations
- 2020 ● N Eather, MR Beauchamp, RE Rhodes, TMO Diallo, JJ Smith, ME Jung, ... (2020). Development and Evaluation of the High-Intensity Interval Training Self-Efficacy Questionnaire. *Journal of Sport and Exercise Psychology*, 42(2), 114-122  
— 3 citations
- 2020 ● PD Parker, B Van Zanden, HW Marsh, K Owen, JJ Duineveld, **M Noetel** (2020). The Intersection of Gender, Social Class, and Cultural Context: a Meta-Analysis. *Educational Psychology Review*, 32(1), 197-228  
— 2 citations
- 2020 ● DR Lubans, JJ Smith, N Eather, AA Leahy, PJ Morgan, C Lonsdale, ... (2020). Time-efficient intervention to improve older adolescents' cardiorespiratory fitness: findings from the 'Burn 2 Learn' cluster randomised controlled trial. *British Journal of Sports Medicine*,  
— 1 citation
- 2020 ● MF Mavilidi, DR Lubans, A Miller, N Eather, PJ Morgan, C Lonsdale, ... (2020). Impact of the "Thinking while Moving in English" intervention on primary school children's academic outcomes and physical activity: A cluster randomised controlled trial. *International Journal of Educational Research*, 102, 101592  
— 1 citation

- 2019 ● **M Noetel**, J Ciarrochi, B Van Zanden, C Lonsdale (2019). Mindfulness and acceptance approaches to sporting performance enhancement: A systematic review. *International Review of Sport and Exercise Psychology*, 12(1), 139-175  
— 69 citations
- 2019 ● KS Beetham, C Giles, **M Noetel**, V Clifton, JC Jones, G Naughton (2019). The effects of vigorous intensity exercise in the third trimester of pregnancy: a systematic review and meta-analysis. *BMC pregnancy and childbirth*, 19(1), 1-18  
— 24 citations
- 2019 ● SR Valkenborghs, **M Noetel**, CH Hillman, M Nilsson, JJ Smith, FB Ortega, ... (2019). The impact of physical activity on brain structure and function in youth: a systematic review. *Pediatrics*, 144(4)  
— 24 citations
- 2019 ● AA Leahy, N Eather, JJ Smith, CH Hillman, PJ Morgan, RC Plotnikoff, ... (2019). Feasibility and preliminary efficacy of a teacher-facilitated high-intensity interval training intervention for older adolescents. *Pediatric exercise science*, 31(1), 107-117  
— 20 citations
- 2019 ● T Sanders, PD Parker, B del Pozo-Cruz, **M Noetel**, C Lonsdale (2019). Type of screen time moderates effects on outcomes in 4013 children: evidence from the Longitudinal Study of Australian Children. *International Journal of Behavioral Nutrition and Physical Activity*, 16(1), 1-10  
— 11 citations
- 2019 ● B del Pozo-Cruz, F Perales, P Parker, C Lonsdale, **M Noetel**, KD Hesketh, ... (2019). Joint physical-activity/screen-time trajectories during early childhood: socio-demographic predictors and consequences on health-related quality-of-life and socio-emotional .... *International Journal of Behavioral Nutrition and Physical Activity*, 16(1), 1-13  
— 10 citations
- 2019 ● MF Mavilidi, DR Lubans, PJ Morgan, A Miller, N Eather, F Karayanidis, ... (2019). Integrating physical activity into the primary school curriculum: rationale and study protocol for the “Thinking while Moving in English” cluster randomized controlled trial. *BMC public health*, 19(1), 379  
— 8 citations
- 2019 ● AA Leahy, N Eather, JJ Smith, C Hillman, PJ Morgan, M Nilsson, ... (2019). School-based physical activity intervention for older adolescents: rationale and study protocol for the Burn 2 Learn cluster randomised controlled trial. *BMJ open*, 9(5), e026029  
— 7 citations
- 2019 ● **M Noetel**, J Ciarrochi, B Sahdra, C Lonsdale (2019). Using genetic algorithms to abbreviate the mindfulness inventory for sport: A substantive-methodological synthesis. *Psychology of Sport and Exercise*, 45, 101545  
— 3 citations

- 2018 ● SA Vella, C Swann, M Batterham, KM Boydell, S Eckermann, A Fogarty, ... (2018). Ahead of the game protocol: a multi-component, community sport-based program targeting prevention, promotion and early intervention for mental health among adolescent males. *BMC public health*, 18(1), 1-12  
— 19 citations
- 2016 ● C Lonsdale, T Sanders, KE Cohen, P Parker, **M Noetel**, T Hartwig, ... (2016). Scaling-up an efficacious school-based physical activity intervention: study protocol for the 'Internet-based Professional Learning to help teachers support Activity in Youth .... *BMC public health*, 16(1), 1-17  
— 31 citations



## PRE-PRINTS

- 2020 ● **M Noetel**, P Slattery, AK Saeri, J Lee, T Houlden, N Farr, R Gelber, ... (2020). How do we get people to donate more to charity? An overview of reviews. *PsyArXiv*
- 2020 ● **M Noetel**, J Ciarrochi, J Conigrave, C Lonsdale (2020). Can a Brief Mindfulness Intervention Improve Sports Performance? A Double-blind Randomised Controlled Trial. *PsyArXiv*



## RESEARCH SUPERVISION

- Present  
|  
2017 ● **Asghar Ahmadi**  
Doctor of Philosophy Candidate, Australian Catholic University  
Primary Supervisor
- Present  
|  
2020 ● **Roberta Vasconcellos**  
Doctor of Philosophy Candidate, University of Queensland  
Primary Supervisor
- Present  
|  
2021 ● **James Coleman**  
Doctor of Philosophy Candidate, University of Queensland  
Co-supervisor
- 2020  
|  
2019 ● **Iris Kucuk**  
Master of Psychology (Clinical) Research Thesis, Australian Catholic University  
Primary supervisor
- 2020  
|  
2019 ● **Laura Beddoe**  
Master of Psychology (Clinical) Research Thesis, Australian Catholic University  
Primary supervisor
- 2020 ● **Simon Pearson**  
Master of Psychology (Sport and Exercise) Research Thesis, University of Queensland  
Co-supervisor



## RESEARCH GRANTS

- 2023  
|  
2020
- **Square Eyes or All Lies? Understanding Children's Exposure to Screens.**  
Australian Research Council Discovery Project (Ref: DP200101912)  
Lonsdale, C., Biddle, S., Parker, P., Doherty, A., Signal, L., Baranowski, T., Salmela-Aro, K., Stevens, R., Rissel, C., Sanders, T., del Pozo Cruz, B., **Noetel, M.**  
— \$658,544
- 2020  
|  
2019
- **PLAY for Inclusion — Teachers working with children with intellectual disability.**  
Move It AUS - Participation Grants Program (Ref: PAR006502018)  
**Noetel, M.**, Lonsdale, C., Temple, V., Tracey, V., Bennie, A., & Lubans, D.  
— \$268,802
- 2020  
|  
2016
- **Engaging students during the early years of secondary school.**  
Australian Research Council Discovery Project (Ref: DP160102625)  
Lonsdale, C., Diezmann, C., Ntoumanis, N., Yeung, A., Ryan, R., Beauchamp, M., Maeder, A. & **Noetel, M.**  
— \$590,000
- 2020  
|  
2019
- **Ahead Of The Game: Motivating Queensland Swimmers for Better Health and Performance**  
Sport Performance Innovation and Knowledge Excellence (SPIKE) program  
Queensland Academy of Sport  
Mahoney, J., **Noetel, M.**, Vella, S., & Lonsdale, C.  
— \$7,416
- 2019
- **iPLAY Sporting Schools Pilot**  
Sport Australia  
Lonsdale, C., Sanders, T., **Noetel, M.**, Parker, P., & Lubans, D.  
— \$49,587
- 2018
- **iPLAY Nutrition Module**  
New South Wales Department of Education  
Lonsdale, C., **Noetel, M.**, Sanders, T., Ronto, R., & Parker, P.  
— \$12,650
- 2018
- **Thinking While Moving in Maths.**  
New South Wales Department of Education  
Lonsdale, C. & **Noetel, M.**  
— \$10,000





## TEACHING DEVELOPMENT GRANTS

- 2019 ● Enhancing student placement experience through the supervisor relationship  
Australian Catholic University Teaching Development Grant  
Spathis, J. Mahoney, J., & **Noetel, M.**  
— \$20,000
- 2018 ● Improving Student Engagement through Tutor Training and Support  
Australian Catholic University Teaching Development Grant  
Sweeney, M., **Noetel, M.**, & Mahoney, J.  
— \$20,000
- 2018 ● Growth mindset versus direct instruction for persistence and achievement in an undergraduate STEM course  
Faculty of Health Sciences Teaching Development Grant  
Moresi, M., **Noetel, M.**, & Taylor, P.  
— \$5,000
- 2017 ● Closing the gap: The effects of good feedback practices on student learning, motivation, and achievement in first year exercise science.  
Australian Catholic University Teaching Development Grant  
Mahoney, J., **Noetel, M.**, Wilcox, A., & Sweeney, M.  
— \$20,000
- 2015 ● Flipped, Online or Face-to-Face: A Mixed Methods, Cluster-Randomised Trial of Lecture Format  
Australian Catholic University Teaching Development Grant  
**Noetel, M.**, Pink, M., Styne, J., Aumand, E., & Pepping, G.-J.  
— \$20,000