MICHAEL NOETEL, PHD

Senior Lecturer and High Performance Psychologist

With my work, I want to do the most good that I can. Through my career, I want to help others do the same. For those who want to improve the world, I provide the knowledge and skills so they can do it best. I use methods like systematic reviews and meta-analyses to try and figure out the best approach to problems. Then I use online educational interventions to deploy those approaches cost-effectively, at scale. I use theory and evidence to make those interventions compelling, time-efficient, and effective.

Summary of Teaching

I use evidence-informed decision-making both in the content of what I teach and in the process of how I teach. I teach students how to think critically using evidence, and I build professional skills supported by systematic reviews. I use the same philosophy in my own teaching, using pedagogical approaches supported by top level evidence. I lead others to follow this approach, both through collaborations and coaching programs I established.

Leadership

- Led or mentored lead for 6 university teaching development grants (totalling \$134,750)
- Co-founded INSPIRE, a world-first evidence-centre for learning and teaching in universities. We create, curate, and disseminate evidence for what works in higher ed.
- National Lecturer-in-Charge for four different courses, leading the curriculum, resource development, and accreditation in each for up to four years.

Accolades

- Received 9 awards for teaching including an AAUT, a SFHEA, and a VC's Award
- Average student evaluations of learning and teaching of 4.8 / 5 after 2,390 students

Summary of Research

I have research experience on large projects with many stakeholders, complex issues, and international research teams. To meet those challenges, I use best-in-class research management processes to do rigorous, impactful, and reproducible work (e.g., Asana, Agile research, Scrum). I use my subject matter expertise in leadership and high performance psychology to help my teams to do high-performance research.

Grants

- Chief investigator on \$3,694,120 of competitive Category 1 grants
- Average yearly grant income over 3x higher than the sector weighted benchmark
- Grant collaborators at University of Oxford, University of British Columbia, University of Helsinki, University of Birmingham, Northeastern University, & University of Otago

Publications

- Scopus m-index of 4.1 where > 2 'characterizes outstanding scientists, likely to be found only at the top universities or major research laboratories'
- Category normalised citation index of 3.7; 53% of papers in the top 10% for citations
- Published in the SJR #1 journals for psychology, applied psychology, aging, paediatrics, education (three times), and sport science (twice)

Impact & Engagement

- Developed the content for award winning, scalable physical activity program (published in JAMA Pediatrics), delivered to 190 schools, helping over 50,000 students
- Developed the content for a coach leadership and athlete resilience project, scaled worldwide to 500 clubs and 20,000 boys
- All 4 current Cat. 1 grants have industry partners, such as the NSW Departments of Education and Health



CONTACT INFO

- m.noetel@uq.edu.au
- Website
- **L** +61 414 822 353
- Online Educational Videos

SKILLS

Teaching skills: interactive learning, curriculum design, online pedagogy

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

Leadership skills: project management, agile, scrum, transformational and servant leadership

ACADEMIC METRICS

h-index: 16 Publications: 31 Citations: 693

Last updated: 17 Apr 2023

via Scopus

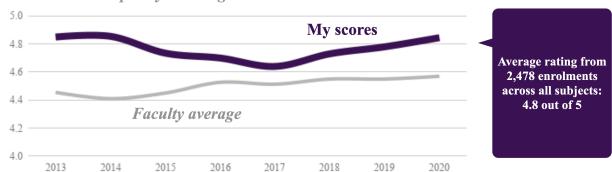
		EDUCATION	
2019		Doctor of Philosophy (Psychology) Institute for Positive Psychology and Education Australian Catholic University	North Sydney, NSW
2010		Masters of Applied Psychology (Sport and Exercise) The University of Queensland	♥ St Lucia, QLD
2008		Bachelor of Science (Advanced, Honours) Double Major: Psychology; Computational Science University of Sydney	• Camperdown, NSW
	—	ACADEMIC EXPERIENCE	
Present 2022	•	Senior Lecturer - Teaching and Research School of Psychology The University of Queensland	St Lucia, QLD
2022 2021		Senior Lecturer - Research Focused School of Health and Behavioural Sciences Australian Catholic University	• Banyo, QLD
2020		Senior Lecturer - Teaching and Research School of Health and Behavioural Sciences Australian Catholic University	♥ Banyo, QLD
2021, 2019		Lecturer and Course Coordinator (Casual) Masters of Psychology (Sport and Exercise) University of Queensland	♥ St Lucia, QLD
2019 2015		Lecturer - Teaching Focused School of Health and Behavioural Sciences Australian Catholic University	Strathfield, NSW
2019 2018		Research Fellow (Secondment; 4 FTE) Institute for Positive Psychology and Education Australian Catholic University	♥ North Sydney, NSW
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
		ACCREDITATIONS	
Present 2020	•	Senior Fellow, Higher Education Academic (SFHEA) AdvanceHE	

Present	•	Registered Psychologist Australian Health Practitioner Regulation Agency
2012 Present	•	Endorsed Sport and Exercise Psychologist
2014		Australian Health Practitioner Regulation Agency
Present 2015		Board Approved Supervisor Australian Health Practitioner Regulation Agency
2021 l 2012		Member Australian Psychological Society
2021 2014	•	Fellow College of Sport and Exercise Psychologists Australian Psychological Society
	Ö	AWARDS
2021	•	Vice-Chancellor's Award for Excellence in Teaching Australian Catholic University
2021		Vice-Chancellor's Staff Excellence Award: Excellence in Research & Research Partnership Australian Catholic University iPLAY Team
2021	•	Faculty of Health Sciences Employee Values Award Australian Catholic University
2021	•	Excellence and Innovation in Public Health Education and Research (Team Award) Council of Academic Public Health Institutions Australasia iPLAY Team
2021	•	Citation for Outstanding Contribution to Learning and Teaching (Team Award) Australian Catholic University Sport and Exercise Psychology Team
2021		Asics Best Overall Paper and Best Paper Award in Physical Activity and Health Promotion Sports Medicine Australia e-Conference Burn 2 Learn Team
2020	•	Citation for Outstanding Contributions to Student Learning 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
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
		TEACHING RESPONSIBILITIES AND EVALUATIONS
2023, 2021	•	Psychological Skills Training Techniques in Sport (PSYC7725) Course Coordinator Postgraduate, parallel, 10 students
2021, 2019	•	Introduction to Applied Practice in Sport & Exercise Psychology (PSYC7775) Course Coordinator Postgraduate, parallel, 8 students
2020	•	Leadership and Culture in High Performance Settings National Lecturer in Charge Postgraduate, online, ~90 students
2020	•	Exercise and Lifestyle Counselling
I		National Lecturer in Charge
2014		Postgraduate, blended learning, ~30 students / year
2019		Research Design and Statistics Lecturer in Charge Third-year, face-to-face, ~30 students / year
2018	•	Advanced Topics in Applied Psychology Lecturer in Charge Honors, face-to-face, ~20 students / year
2017	•	Health and Exercise Psychology
1		National Lecturer in Charge
2013		Second-year, blended learning, ~150 students / year
2017	•	Psychology of Sport and Physical Activity
I		National Lecturer in Charge / Lecturer
2013	ı	First-year, face-to-face, ~350 students / year

2020 l 2013 **Student Evaluations of Course and Teacher**





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TEACHING DEVELOPMENT GRANTS

INSPIRE: Initiative to support the integration of research in education Funded Project from the Australian Catholic University Provost's Office Noetel, M., Mahoney, J., Challinor, K., & Barnett, D.

- \$49,750

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., Stynes, J., Aumand, E., & Pepping, G.-J.

- \$20,000

PUBLICATIONS

- Fasugba O., et al. (2023). Evaluating remote facilitation intensity for multi-national translation of nurse-initiated stroke protocols (QASC Australasia): a protocol for a cluster randomised controlled trial. *Implementation Science*, 18(1)
- Gallardo-Gómez D., et al. (2022). Optimal dose and type of exercise to improve cognitive function in older adults: A systematic review and bayesian model-based network meta-analysis of RCTs. *Ageing Research Reviews*, 76 − 19 citations
- Noetel M., et al. (2022). Multimedia Design for Learning: An Overview of Reviews With Meta-Meta-Analysis.

 *Review of Educational Research, 92(3)

 7 citations
- Lubans D.R., et al. (2022). Scale-up of the Internet-based Professional Learning to help teachers promote Activity in Youth (iPLAY) intervention: a hybrid type 3 implementation-effectiveness trial. *International Journal of Behavioral Nutrition and Physical Activity*, 19(1)
- Mable T.J., et al. (2022). Time-efficient physical activity intervention for older adolescents with disability: rationale and study protocol for the Burn 2 Learn adapted (B2La) cluster randomised controlled trial. *BMJ Open*, 12(8)
- Parker P., et al. (2022). School Socioeconomic Status Context and Social Adjustment in Children. *Developmental Psychology*,
- Noetel M., et al. (2021). Video Improves Learning in Higher Education: A Systematic Review. Review of Educational Research, 91(2)

 52 citations
- Vella S.A., et al. (2021). An Intervention for Mental Health Literacy and Resilience in Organized Sports. Medicine and Science in Sports and Exercise, 53(1)
 30 citations
- D.R., et al. (2021). Time-efficient intervention to improve older adolescents' cardiorespiratory fitness:

 Findings from the a € Burn 2 Learn' cluster randomised controlled trial. British Journal of Sports Medicine, 55(13)

 24 citations
- Bradshaw E.L., et al. (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 22 citations
- Hartwig T.B., et al. (2021). School-based interventions modestly increase physical activity and cardiorespiratory fitness but are least effective for youth who need them most: An individual participant pooled analysis of 20 controlled trials. *British Journal of Sports Medicine*, 55(13)

 18 citations
- Lonsdale C., et al. (2021). Effect of a Scalable School-Based Intervention on Cardiorespiratory Fitness in Children: A Cluster Randomized Clinical Trial. *JAMA Pediatrics*, 175(7)
 − 12 citations
- del Pozo Cruz B., et al. (2021). The effects of the Australian bushfires on physical activity in children. *Environment International*, 146

 8 citations

2021		Kennedy S.G., et al. (2021). Evaluating the reach, effectiveness, adoption, implementation and maintenance of the Resistance Training for Teens program. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 18(1) — 7 citations
2021		Lee J., et al. (2021). Influences on User Engagement in Online Professional Learning: A Narrative Synthesis and Meta-Analysis. <i>Review of Educational Research</i> , 91(4) — 6 citations
2021		Donald J.N., et al. (2021). Paths to the Light and Dark Sides of Human Nature: A Meta-AnalyticReview of the Prosocial Benefits of Autonomy and the Antisocial Costs of Control. <i>Psychological Bulletin</i> , 147(9) — 5 citations
2021		Ahmadi A., et al. (2021). A Systematic Review of Machine Learning for Assessment and Feedback of Treatment Fidelity. <i>Psychosocial Intervention</i> , 30(3) — 1 citation
2020		Parker P.D., et al. (2020). The Intersection of Gender, Social Class, and Cultural Context: a Meta-Analysis. Educational Psychology Review, 32(1) — 17 citations
2020		Eather N., et al. (2020). Development and evaluation of the high-intensity interval training self-efficacy questionnaire. Journal of Sport and Exercise Psychology, 42(2) — 7 citations
2020	•	Mavilidi M.F., et al. (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. <i>International Journal of Educational Research</i> , 102 — 5 citations
2019		Noetel M., et al. (2019). Mindfulness and acceptance approaches to sporting performance enhancement: a systematic review. <i>International Review of Sport and Exercise Psychology</i> , 12(1) — 90 citations
2019		Valkenborghs S.R., et al. (2019). The impact of physical activity on brain structure and function in youth: A systematic review. <i>Pediatrics</i> , 144(4) — 73 citations
2019		Beetham K.S., et al. (2019). The effects of vigorous intensity exercise in the third trimester of pregnancy: A systematic review and meta-analysis. <i>BMC Pregnancy and Childbirth</i> , 19(1) — 60 citations
2019		Sanders T., et al. (2019). Type of screen time moderates effects on outcomes in 4013 children: Evidence from the Longitudinal Study of Australian Children. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 16(1) — 59 citations
2019		Leahy A.A., et al. (2019). Feasibility and preliminary efficacy of a teacher-facilitated high-intensity interval training intervention for older adolescents. <i>Pediatric Exercise Science</i> , 31(1) — 36 citations
2019	•	Del Pozo-Cruz B., et al. (2019). Joint physical-activity/screen-time trajectories during early childhood: Socio-demographic predictors and consequences on health-related quality-of-life and socio-emotional outcomes. International Journal of Behavioral Nutrition and Physical Activity, 16(1) — 25 citations
2019	•	Leahy A.A., et al. (2019). School-based physical activity intervention for older adolescents: Rationale and study protocol for the Burn 2 Learn cluster randomised controlled trial. <i>BMJ Open</i> , 9(5) — 19 citations

2019		Mavilidi M.F., et al. (2019). Integrating physical activity into the primary school curriculum: Rationale and study protocol for the "Thinking while Moving in English" cluster randomized controlled trial. <i>BMC Public Health</i> , 19(1) — 15 citations
2019	•	Noetel M., et al. (2019). Using genetic algorithms to abbreviate the Mindfulness Inventory for Sport: A substantive-methodological synthesis. <i>Psychology of Sport and Exercise</i> , 45 — 8 citations
2018	•	Vella S.A., et al. (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. <i>BMC Public Health</i> , 18(1) — 36 citations
2016		Lonsdale C., et al. (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' (iPLAY) cluster randomized controlled trial and scale-up implementation evaluation. <i>BMC Public Health</i> , <i>16</i> (1) — 32 citations
		MEDIA COVERAGE
2021	•	Effective altruism ABC Religion & Ethics, ABC Radio National, 2GB, ABC Radio Canberra, ABC Radio Hobart
2020		Videos in higher education Forbes, The Conversation, and others, see Altmetric
2020		Behavioural response to COVID-19 The Conversation, ABC News, Canberra Times
2019	•	Vigorous exercise during pregnancy The Washington Post, The Conversation, and others, see Altmetric
	***	RESEARCH SUPERVISION
2023 2019		Asghar Ahmadi Doctor of Philosophy Candidate, Australian Catholic University Primary Supervisor
Present 2020	•	Roberta Vasconcellos Doctor of Philosophy Candidate, Australian Catholic University Primary Supervisor
Present 2022	•	Shantell Griffith Doctor of Philosophy Candidate, The University of Queensland Primary Supervisor
Present 2022		Ghassani Swaryandini Doctor of Philosophy Candidate, The University of Queensland Primary Supervisor
Present 2022		Anum Urooj Doctor of Philosophy Candidate, Australian Catholic University Associate Supervisor

Present	•	Ella Tremaine
2021		Doctor of Philosophy Candidate, Australian Catholic University Associate Supervisor
2020		Iris Kucuk Master of Psychology (Clinical) Research Thesis, Australian Catholic University Primary supervisor
2020	•	Laura Beddoe Master of Psychology (Clinical) Research Thesis, Australian Catholic University Primary supervisor
2021	•	Lauren Bischoff Master of Psychology (Sport and Exercise) Research Thesis, University of Queensland Primary supervisor
2020	•	Simon Pearson Master of Psychology (Sport and Exercise) Research Thesis, University of Queensland Co-supervisor
	\$	RESEARCH GRANTS
2025	•	Promotion of evidence-based physical activity for older adults and people with disabilities by health professionals National Health and Medical Research Council (PRC1: 2011157)
2022		Sherrington, C., Hassett, L., Tiedemann, A., Harvey, L., Pinheiro, M., Howard, K., Phongsavan, P., Haynes, A., Noetel, M. , Reece, L. — \$1,440,375
2023	•	Effectiveness and cost effectiveness of a time-efficient school-based physical activity intervention for adolescents living with disability
2021		Medical Research Future Fund (MRFF: 2007095) Lubans, D., Shields, N., Hillman, C., Lonsdale, C., Eather, N., Smith, J., Noetel, M., Reeves, P., Leahy, A.
		- \$736,399
2022	•	Meta-review of what works in institutional decision-making: Campbell Collaboration Evidence and Gap Map
2021		Effective Altruism Infrastructure Fund Noetel, M., Saeri, A., Slattery, P., Grundy, E.
		- \$39,654
2023	•	Square eyes or all lies? Understanding children's exposure to screens
2020		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 (iTEACH Project) 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
2019		iPLAY Sporting Schools Australian Sports Commission. Lonsdale, C., Noetel, M., Sanders, T., Parker, P., Lubans, D., Morrison, R. Boyer, J., & King, L. — \$109,091
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 English New South Wales Department of Education Lonsdale, C. & Noetel, M. — \$10,000
	2	SERVICE
Current l 2023		The University of Queensland Program Director, Master of Psychology School of Psychology
Current 1 2023		The University of Queensland Higher Degree Research Committee School of Psychology

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Current	•	The University of Queensland
2023		Postgraduate Training Committee School of Psychology
2022	•	Australian Catholic University
2020		Steering Committee Chair INSPIRE Program
2022	•	Australian Catholic University
2020		Steering Committee Chair INSPIRE Program
2021	•	Australian Catholic University
2020		Faculty Board Faculty of Health Sciences
2022	•	Australian Catholic University
2019		Higher Degree Research Committee Institute for Positive Psychology and Education
2020	•	Australian Catholic University
2013	,	National Team Leader Sport, Health, and Exercise Psychology Units
	2	ENGAGEMENT
2022		Australian Institute of Sport
2021		National Quality Assurance Steering Committee
2021	•	Australian Psychological Society (APS)
2015		College of Sport and Exercise Psychologists (CSEP) — National Treasurer: 2015-2017; 2019-2021
		NSW Chair: 2015-2017QLD Chair: 2019-2021
Present	•	Effective Altruism Australia
1 2021	I	Director and Chairperson
		INVITED PRESENTATIONS / SYMPOSIA
2022	•	Berkeley Effective Altruism Winter Scholars Program Invited workshop
2022	•	Effective Altruism Global x Australia Invited workshop, Invited presentation, and 'Fireside chat'
2022	•	NASPSPA Annual Conference, Hawaii Accepted symposia
2022	•	Prevention of Falls Injuries Centre of Research Excellence Invited workshop
2021	•	Advance Higher Education Teaching and Learning Conference Accepted presentation

2020	•	Scholarship of Tertiary Teaching Conference, CQUniversity Accepted presentation
2020	•	Sports Medicine Australia Symposia Invited panellist
2019	•	Effective Altruism Global x Australia Invited keynote
2015		Association for Contextual Behavioural Sciences World Conference Ignite presentation
2015	•	Australian Psychological Society National Conference Accepted presentation
2012	•	Sports Medicine Australia National Conference Invited presentation
		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
2017	Ī	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
2010	Ĭ	University of Pennsylvania
2014		Learning to Teach Online
		University of New South Wales