DR MICHAEL NOETEL

Senior Lecturer and High Performance Psychologist

I help decision-makers find out what works so they can do the most good with what they have. I do this by using my expertise in evidence-informed decision-making, systematic reviews, and meta-analyses, mostly working in public health, education, and behavioural science. I then help those decision-makers use that information to change behaviour, costeffectively, and at scale. I blend online education with leadership training to create technologically enhanced behaviour change that works. I'm committed to evidenceinformed decision-making for global humanitarianism.

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 online resource for tertiary educators to translate robust evidence from scholarship of learning and teaching into practice. Funded directly by the Provost, we have reached 661 academic staff over 6 months.
- National Lecturer-in-Charge for four different units, leading the curriculum, resource development, and accreditation in each for up to four years.

Accolades

- Received 10 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, 'lean' 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 4x 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 3 where > 2 'characterizes outstanding scientists'
- Category normalised citation index of 3; 44% of papers in the top 10% for citations
- Published in the SJR #1 journals for psychology, applied psychology, 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 over 160 primary schools across Australia, reaching more than 2,000 teachers and 40,000 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, including NSW Department of Education, NSW Health, Special Olympics Australia, & Australian Sports Commission



CONTACT INFO

- michael.noetel@acu.edu.au
- Website
- **J** +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: 11 Publications: 27 Citations: 494

Last updated: 11 Nov 2021

via Google Scholar

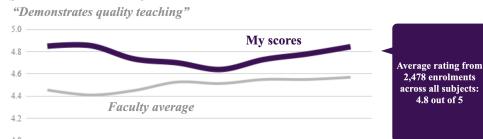
		EDUCATION	
2019		Doctor of Philosophy (Psychology) Institute for Positive Psychology and Education Australian Catholic University	♥ North Sydney, NSW
2010	•	Masters of Applied Psychology (Sport and Exercise) The University of Queensland	♥ St Lucia, QLD
2008	•	Bachelor of Science (Advanced, Honours) Double Major: Psychology; Computational Science University of Sydney	• Camperdown, NSW
		ACADEMIC EXPERIENCE	
Present — 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; <i>A</i> 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
2012		Australian Health Practitioner Regulation Agency
Present		Endorsed Sport and Exercise Psychologist
2014		Australian Health Practitioner Regulation Agency
Present		Board Approved Supervisor
2015		Australian Health Practitioner Regulation Agency
2021		Member
2012		Australian Psychological Society
2021		Fellow
2014		College of Sport and Exercise Psychologists
		Australian Psychological Society
	Ö	AWARDS
2021		
2021	Ī	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		Excellence and Innovation in Public Health Education and Research (Team Award)
		Council of Academic Public Health Institutions Australasia iPLAY Team
		11 25.11 16.11.
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
		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 Sport and Exercise Psychology Team
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
2020		Leadership and Culture in High Performance National Lecturer in Charge Postgraduate, online, ~90 students
2020	•	Exercise and Lifestyle Counselling
2014		National Lecturer in Charge 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
2013		National Lecturer in Charge Second-year, blended learning, ~150 students / year
2017	•	Psychology of Sport and Physical Activity
2013		Lecturer First-year, face-to-face, ~350 students / year



Student Evaluations of Course and Teacher



2018

2019

2020

2017

\$

TEACHING DEVELOPMENT GRANTS

2015

2021

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.

2016

- \$49,750

2013

2014

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

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

- J Donald, E Bradshaw, J Conigrave, P Parker, L Byatt, M Noetel, R Ryan (2021). Paths To The Light And Dark Sides Of Human Nature: A Meta-Analytic Review Of The Prosocial Benefits Of Autonomy And The Antisocial Costs Of Control. *Psychological Bulletin*, inpress
 - Impact Factor: 28.705
- C Lonsdale, T Sanders, P Parker, M Noetel, T Hartwig, D Vasconcellos, ... (2021). Effect Of
 A Scalable School-Based Intervention On Cardiorespiratory Fitness In Children: A Cluster
 Randomized Clinical Trial. Jama Pediatrics,
 - 2 citations, Impact Factor: 10.769
- M Noetel, S Griffith, O Delaney, T Sanders, P Parker, B del Pozo Cruz, ... (2021). Video Improves Learning In Higher Education: A Systematic Review. Review of Educational Research, 91(2), 204-236
 - 24 citations, Impact Factor: 8.241
- M Noetel, S Griffith, O Delaney, NR Harris, T Sanders, P Parker, ... (2021). Multimedia Design For Learning: An Overview Of Reviews With Meta-Meta-Analysis. Review of Educational Research, 00346543211052329
 - Impact Factor: 8.241
- 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, 55(13), 721-729

 10 citations, Impact Factor: 7.867
- DR Lubans, JJ Smith, N Eather, AA Leahy, PJ Morgan, C Lonsdale, ... (2021). Time-Efficient Intervention To Improve Older Adolescents' Cardiorespiratory Fitness: Findings From The 'Burn 2 Learn' Cluster Randomised Controlled Trial. *British Journal of Sports Medicine*, 55(13), 751-758
 - 8 citations, Impact Factor: 7.867

	1	
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. <i>Environment International</i> , 146, 106214 — 4 citations, Impact Factor: 7.297
2021		SG Kennedy, JJ Smith, PA Estabrooks, N Nathan, M Noetel , PJ Morgan, (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), 1-18 — Impact Factor: 5.548
2021		A Ahmadi, M Noetel , M Schellekens, P Parker, D Antczak, M Beauchamp, (2021). A Systematic Review Of Machine Learning For Assessment And Feedback Of Treatment Fidelity. <i>Psychosocial Intervention</i> , 30(3), 139-153 — Impact Factor: 5.083
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. <i>Medicine and Science in Sports and Exercise</i> , 53(1), 139 — 10 citations, Impact Factor: 4.291
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. <i>Frontiers in Psychology</i> , 11, 3772 — 9 citations, Impact Factor: 2.089
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. <i>Educational Psychology Review</i> , 32(1), 197-228 — 7 citations, Impact Factor: 4.797
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. <i>Journal of Sport and Exercise Psychology</i> , 42(2), 114-122 — 5 citations, Impact Factor: 2.41
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 — 3 citations, Impact Factor: 1.138
2019		M Noetel, J Ciarrochi, B Van Zanden, C Lonsdale (2019). Mindfulness And Acceptance Approaches To Sporting Performance Enhancement: A Systematic Review. <i>International Review of Sport and Exercise Psychology</i> , 12(1), 139-175 — 109 citations, Impact Factor: 14.333

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. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 16(1), 1-10 — 40 citations, Impact Factor: 5.548
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 <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <i>16</i> (1), 1-13 — 18 citations, Impact Factor: 5.548
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. <i>Pediatrics</i> , 144(4) — 49 citations, Impact Factor: 5.515
2019	M Noetel, J Ciarrochi, B Sahdra, C Lonsdale (2019). Using Genetic Algorithms To Abbreviate The Mindfulness Inventory For Sport: A Substantive-Methodological Synthesis. <i>Psychology of Sport and Exercise</i> , 45, 101545 — 7 citations, Impact Factor: 2.878
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. <i>BMC Public Health</i> , 19(1), 1-12 — 11 citations, Impact Factor: 2.42
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. <i>BMJ Open</i> , 9(5), e026029 — 13 citations, Impact Factor: 2.413
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. <i>BMC Pregnancy and Childbirth</i> , 19(1), 1-18 — 44 citations, Impact Factor: 2.331
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. <i>Pediatric Exercise Science</i> , 31(1), 107-117 — 33 citations, Impact Factor: 1.353
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. <i>BMC Public Health</i> , 18(1), 1-12 — 38 citations, Impact Factor: 2.42

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 <i>BMC Public Health</i> , 16(1), 1-17 — 43 citations, Impact Factor: 2.42
		PRE-PRINTS
2021	•	N Alex, E Lifland, L Tunstall, A Thakur, P Maham, CJ Riedel, E Hine, (2021). Raft: A Real-World Few-Shot Text Classification Benchmark. <i>arXiv Preprint arXiv</i> :
2021		E Grundy, P Slattery, AK Saeri, K Watkins, T Houlden, N Farr, H Askin, (2021). Interventions That Influence Animal-Product Consumption: A Meta-Review. <i>OSF Preprints</i>
2021		I Kucuk, L Beddoe, M Noetel (2021). Learning To Manage Depression: A Systematic Review And Meta-Analysis Of Skills Learned In Therapy As A Mediator Of Improved Well-Being. <i>PsyArXiv</i>
2020	•	M Noetel , J Ciarrochi, J Conigrave, C Lonsdale (2020). Can A Brief Mindfulness Intervention Improve Sports Performance? A Double-Blind Randomised Controlled Trial. <i>PsyArXiv</i>
		MEDIA COVERAGE
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
Present 2017	•	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 2021	•	James Coleman Doctor of Philosophy Candidate, University of Queensland

Co-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 2022 National Health and Medical Research Council (PRC1: 2011157) 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. -\$736.3992023 Square eyes or all lies? Understanding children's exposure to screens Australian Research Council Discovery Project (Ref: DP200101912) 2020 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 PLAY for Inclusion — Teachers working with children with intellectual disability Move It AUS - Participation Grants Program (Ref: PAR006502018) 2019 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 <i>,</i> 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
Present	•	Australian Catholic University
2020		Faculty Board
Present		Faculty of Health Sciences Australian Catholic University
1	Ĭ	Australian Catholic University Higher Degree Research Committee
2019		Institute for Positive Psychology and Education
2020		Australian Catholic University
2013	I	National Team Leader Sport, Health, and Exercise Psychology Units

Sport, Health, and Exercise Psychology Units

ENGAGEMENT

Present 2021

Australian Institute of Sport

National Quality Assurance Steering Committee

2021 2015

Australian Psychological Society (APS)

College of Sport and Exercise Psychologists (CSEP)

- National Treasurer: 2015-2017; 2019-2021
- NSW Chair: 2015-2017 - QLD Chair: 2019-2021

Present 2021

Effective Altruism Australia

Director

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