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## *CURRICULUM VITAE*

### **Prof. BORIS BLUMENSTEIN, Ph.D.**

Main Present  
Position

Associate Professor, Givat Washington Academic College,  
Director, Department of Behavioral Sciences and  
Methodology, Ribstein Center for Sport Medicine, Wingate National  
Institute of Sport, Netanya, Israel

Associate Professor of MA program in "Sport and Exercise  
Psychology", The College of Management, Academic  
Studies, Rishon Lezion

2006-Present

Director, Department of Behavioral Sciences, Wingate National  
Institute of Sport, Netanya, Israel

2003-2006

Acting Director, Department of Behavioral Sciences  
and Methodology, Ribstein Center for Sport Medicine  
Sciences and Research, Wingate Institute for Physical  
Education and Sport

2000-2003

Head, Sport Psychology Section and Biofeedback Laboratory,  
Department of Behavioral Sciences  
Ribstein Center for Sport Medicine Sciences and Research  
Wingate Institute for Physical Education and Sport  
Netanya 42902, Israel

1991-2000

Head, Sport Psychology Laboratory  
Ribstein Center for Sport Medicine Sciences and Research  
Wingate Institute for Physical Education and Sport

Citizenship:

Israeli

Family status:

Married

Home Address:

Asharon Street 26/1  
Kfar-Yona 40300  
Israel  
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Work Address:

Ribstein Center for Sport Medicine Sciences and Research  
Wingate Institute, Netanya 42902, Israel  
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E-mail: [borisb@wingate.org.il](mailto:borisb@wingate.org.il)  
borblu45@gmail.com

Languages: Russian, Hebrew, English, Ukrainian, Polish

## **EDUCATION**

- 1992 Ichilov Hospital, Tel Aviv, Israel  
Special course - Biofeedback: Theory and Practice
- 1982 State Institute of Physical Education and Sport, Moscow, USSR  
Special course - Sport Psychology in Elite Sport  
National Sport Psychologist (Certified Sport Psychologist,  
Licensed by the Soviet Sport Committee)
- 1980 All-Union Institute for Research & Sport Sciences,  
Sport Psychology Department, Moscow, USSR  
Doctorate in Physical Education & Sport, Sport Psychology (Ph.D.)  
Ph.D. Dissertation: Prestart states management with warm-up and mental  
regulation on the basics elite athletes' personality and psychophysiological  
qualities .*The All-Union Institute for Research & Sport Sciences,*  
*Department of Sport Psychology, Moscow, USSR, 1980,147 pp.*
- 1975-1978 All-Union Institute for Research & Sport Sciences  
Sport Psychology Department, Moscow, USSR  
Major Field: Sport Psychology
- 1964-1971 Pedagogical Institute for Physical Education and Sport (Vinitza, Ukraine)  
Major Field: Physical Education & Sport (M.Ed.)

## **Academic and Professional Experience**

### **Lecturer:**

#### **The College of Management, Academic Studies, Rishon Lezion**

- 2018-present Associate Professor of MA program in "Sport and Exercise  
Psychology", The College of Management, Academic  
Studies, Rishon Lezion  
Courses: Psychological Skills Training  
Psychological Practicum  
Biofeedback training in sport – Scientific Seminar

**Givat Washington Academic College for Education, Israel**

2002-2005 Courses: Sport Psychology

2009-present Mental Preparation in Sport with Biofeedback  
Research on Sport Psychology – Scientific Seminar

2015 -present Associate Professor, Givat Washington Academic College  
for Education, Ashdod.

**Zinman College for Physical Education and Sport Sciences, Wingate Institute, Israel**

2009-2013 Courses: Israeli coach: personality, knowledge, skills  
Biofeedback in sport

2005-2007 Courses: Psychological Factors of Sport Training and Competition  
Self-regulation Strategies in Sport and Physical Education  
Psychological Factors of Physical Preparation

**The "Ohalo" College of Physical Education and Sport, Katzrin, Israel**

1998-2002 Courses: Sport Psychology

1999-2002 Educational Psychology

1999-2002 Research on Sport Psychology – Scientific Seminar

1999-2002 Supervisor of Student Research in Sport Psychology

2008-2009 Courses: Psychological Factors of Physical Education and Sport  
Psychology of Sport Training and Competition

National (Nat Holman) School for Coaches and Instructors,  
Wingate Institute, Netanya, Israel

1997-1998 Courses: Sport Psychology for Coaches and Athletes

1997-1998 Sport Psychology for Training and Competition

Mental preparation with Biofeedback

**State Teachers College - Seminar HaKibbutzim, Tel Aviv, Israel**

1995-1997 Course: Mental Preparation for Competition with  
Biofeedback

**State Teachers University, Department of Pedagogy and Psychology (Ukraine)**

1980-1990 Courses: Pedagogical Psychology  
Sport Psychology

**EMPLOYMENT AND WORK EXPERIENCE**

2006 -Present Director, Department of Behavioral Sciences and  
Methodology, Ribstein Center for Sport Medicine  
Sciences and Research, Wingate Institute for Physical  
Education and Sport, Netanya, Israel

2006-2012 Expert, Ratification Group for Ph.D. Dissertations,

Israel Ministry of Education

- 2003-2006 Acting Director, Department of Behavioral Sciences and Methodology, Ribstein Center for Sport Medicine Sciences and Research, Wingate Institute for Physical Education and Sport
- 2005-2008 Leader, Sport Psychology Preparation for Israeli Elite Athletes for Olympic Games, Beijing, 2008(Olympic Village)
- 2004 Leader, Sport Psychology Consultant for Israeli Olympic Team, Athens, 2004(Olympic Village)
- 2000-2003 Head, Sport Psychology Section and Biofeedback Laboratory  
Department of Behavioral Sciences  
Ribstein Center for Sport Medicine Sciences and Research  
Wingate Institute for Physical Education and Sport  
Netanya 42902, Israel
- 2001-2004 Leader, Mental Preparation for Israeli Elite Athletes for Olympic Games, Athens, 2004 (Olympic Village)
- 2000 Sport Psychology Consultant for Israel Olympic Team, Sydney Olympic Games, Sydney, 2000 (Olympic Village)
- 1996-2000 Sport Psychology Consultant for Israeli National Teams: Combat Sports, Track & Field, Artistic Gymnastics, Shooting, Canoe/Kayak
- 1996 Sport Psychologist Consultant for Israel Olympic Team, Atlanta Olympic Games, Atlanta, 1996
- 1992-1996 Sport Psychology Consultant for Israeli National Teams: Combat Sports, Track & Field, Windsurfing, Sailing
- 1992 Sport Psychology Consultant for Israel Olympic Team, Barcelona Olympic Games
- 1991- 2000 Wingate Institute, Ribstein Center for Research and Sport Medicine Sciences  
Head, Sport Psychology Laboratory  
Sport Psychology Consultant to the Israel Elite Sport Department
- 1983-1990 Pedagogical Institute, Department of Pedagogy and Psychology (Ukraine)  
Docent, Sport Psychology, Pedagogical Psychology
- 1981 – 1990 Pedagogical Institute, Department of Psychology (Ukraine), Senior Lecturer, Pedagogical Psychology, General Psychology

1976 - May 1990 Sport Psychologist for the Soviet National and Olympic Teams  
(Moscow, 1980; Seoul, 1988)

### **SIGNIFICANT CONSULTATION EXPERIENCE IN ELITE SPORT**

- 2008-2009 Sport Psychology Consultant for Israeli National Basketball Team (cadets)
- 2005-2008 Leader, Sport Psychology Preparation for Israeli Elite Athletes for Olympic Games, Beijing, 2008
- 2007-2008 Sport Psychology Consultant to Maccabi Football Club, Tel-Aviv, .National League
- 2005-2008 Sport Psychology Consultant to Israeli National Basketball Teams (youth, cadets)
- 2004 Leader, Mental Preparation for Israeli Elite Athletes, for Olympic Games, Olympic Village, Athens, 2004
- 2002-2005 Sport Psychology Consultant to Israeli Youth National Basketball Team
- 2002-2004 Sport Psychology Consultant to Israeli National Teams (judo, wrestling, taekwondo, fencing, track & field, artistic gymnastics, canoe/kayak)
- 1999-2000 Sport Psychology Consultant to Israeli Olympic Team, Olympic Village, Sydney 2000
- 1998-1999 Sport Psychology Consultant to Bnei-Yehuda Football Club, Tel-Aviv, National League
- 1996-1998 Mental Preparation for Israeli National Teams (combat sports, shooting, archery, track & field)
- 1996 Sport Psychology Consultant to Israeli Olympic Team, Atlanta 1996
- 1995 Sport Psychologist to Hapoel Football Club, Haifa, National League
- 1991-2016 Sport Psychology Consultant to the Israel Elite Sport Department
- 1991-2012 Sport Psychologist, Consultant to the Israel National (wrestling, sailing, judo, taekwondo, shooting, track & field, windsurfing, archery, basketball) and Olympic Teams
- 1982-1990 Sport Psychologist to the Ukrainian National Track & Field Team

- 1984-1990 Personal Consultant to Top Level Ukrainian Sportsmen and Coaches (chess, soccer, hockey, track & field)
- 1981-1983 Sport Psychologist to Top Level Soviet Athletes and Coaches (tennis, swimming, track & field, wrestling)
- 1978-1980 Psychological Consultant to the Soviet Junior Football Team

### **JOURNAL SERVICES**

Member of review board - The applied research in coaching and athletics annual (2016)

- Reviewer – The Sport Psychologist (1997, 2016)  
 Journal of Sport Sciences (2005)  
 Human Performance (2007)  
 International Sport Med Journal (2009)  
 International Journal of Sport & Exercise Psychology (2009, 2014)  
 Athletic Insight (2011, 2012)  
 Applied Research in Coaching and Athletics Annual (2010, 2012, 2013)  
 Adapted Physical Activity Quarterly (2015,2016)  
 Journal of Combat Sports and Martial Arts (2015)

### **PROFESSIONAL MEMBERSHIPS**

- Member, International Society of Sport Psychology (ISSP)  
 Member, Israel Society for Psychophysiology and Biofeedback  
 General Secretary, Israel Society of Sport Psychology and Sociology (1997-2001)  
 President, Israel Society for Sport Psychology and Sociology (2001-2004)  
 Representative of Israeli Society for Sport Psychology in FEPSAC (1997-2004)

### **Membership in organizing committees of scientific conferences**

Member, Scientific Committee, IX World Congress of the International Society of Sport Psychology (ISSP), Wingate Institute, Israel, July 5-9, 1997.

Chairperson, 4<sup>th</sup> ASPASP International Congress, Section "Elite Performance", Seoul, South Korea, June 29-July 6, 2003.

Member, Scientific Committee, II Wingate Scientific Congress, Wingate Institute, February, 2009.

Member, Scientific Committee, "The Wingate Congress 2010: Innovations in Exercise & Sport Sciences", June, 2010.

Chair symposium "Biofeedback in Sport", 13<sup>th</sup> ISSP World Congress of Sport Psychology, Beijing, China, 21 – 25 July, 2013.

Chair session A2 "Economics and Psychology of Football", The III Wingate Scientific Congress 2014, Wingate Institute, 12-15 June, 2014, Israel.

### **Research grants**

1. 1991-1993. Scientific center of the Israel Absorption Ministry. Topic: The influence of autogenic training, music training and biofeedback on the performance of athletic task in laboratory and field.
2. 1997-1998. Israel sport and physical education authority. Topic: The influence of music on physiological elements of physical exercise.
3. 1998-1999. The intercollegiate research committee of MOFET- the Israel institute of research and development of collegiate instructional teaching staff in colleges. Topic: Psychological preparation and biofeedback: The influence of mental training on the performance of children in swimming.
4. 1999-2000. Israeli sport and physical education authority. Topic: The effect of mental training with biofeedback on motor performance of junior athletes.
5. 1999-2001. Michael Dorsman Foundation. Topic: The effectiveness of biofeedback on self-regulation among high school students.
6. 2005-2007. The Israel Olympic committee; Sydney E. Frank Foundation. Topic: Profile of the Israeli successful coach.
7. 2006-2007. The Israel Olympic committee; Israel school sport association, Israel Taekwondo Federation. Topic: The effect of Thai Kwan Do training and competition on growth factors and inflammatory mediators in young elite athletes.
8. 2006-2008. Israel Defense Force, Medical Department. Topic: A pilot assessment of the efficacy of BAPE (biofeedback application in performance enhancement) in patients suffering from PTSD-recent onset.
9. 2008–2011. Institute of European Sport Development and Leisure Studies, German Sport University, University of Brighton, English Football Association, British Council, Israeli Sport Authority Topic: Promoting co-existence through sport: evaluating the impact of the “Football for Peace” program in Israel.
10. 2009-2012. The Israeli Olympic Committee, Elite Sport Department, Wingate Institute. Topic: The profile of the Israeli professional coach.
11. 2012-2014. Wingate Institute. Topic: Career Development and Transition of Wingate Academy Athletes: From Junior-to-Senior Sport.
12. 2014-2016. Wingate Institute-National Taiwan Normal University. Topic: EEG measurements of stress distractions based on the LMA approach.

13. 2014-2016. Wingate Institute-Givat Washington Academic College. Topic: The effect of LMA approach on self-regulation level on physical education teachers.
14. 2015-2017. Wingate Institute – ATHENA. Topic: Sport motivation among youth female athlete

## **PUBLICATIONS**

### **Books**

1. Bompa, T., Blumenstein, B., Orbach, I., Howell, S., & Hoffman, J (2018, in press). (B.Blumenstein & I.Orbach. Eds.). **Integrated Periodization in Sports Training & Athletic Development**. Meyer& Meyer Sports.
2. Blumenstein, B., & Orbach, I. (2012a). **Mental Practice in Sport: Twenty Case Studies**. Hauppauge, NY: Nova Science Publishers (174pp.) ISBN: 978-1-62100-324-3.
3. Blumenstein, B., & Orbach, I. (2012b). **Psychological Skills in Sport: Training and Application**, Hauppauge, NY: Nova Science Publishers. ISBN: 978-1-62081-640-0.
4. Blumenstein, B., & Weinstein, Y. (2010). **Psychological Skills Training: Application to Elite Sport Performance**. Grand Rapids, MI: Ultimate Athlete Concepts (128pp.) ISBN: 0-9817180-8-6.
5. Hazanovich, L., & Blumenstein, B. (1990). **Pedagogical control in track and field** (Russian). Tashkent, Tashkent Medicine (177 pp.).

### **Edited text books**

1. Blumenstein, B., Lidor, R., & Tenenbaum, G. (Eds.) (2007). **Psychology of Sport Training**. Oxford, UK: Meyer & Meyer Sports (236 pp.) ISBN: 978-1-84126-202-4
2. Blumenstein, B., Bar-Eli, M., & Tenenbaum, G. (Eds.) (2002). **Brain and body in sport and exercise: Biofeedback applications in performance enhancement**. Chichester, West Sussex: John Wiley & Sons, Ltd (126 pp.). ISBN: 0-471-49907-2.

### **Book chapters**

1. Blumenstein, B., & Orbach, I. (2018) Periodization of biofeedback training: New trends in athletic preparation. In Francesco Chiappelli (Ed.), **Advances in psychobiology**, pp.49-62, NY: Nova Science Publisher.



2. Blumenstein, B., & Orbach, I. (in press). **Psychophysiology in sport: Psychological preparation based on the LMA approach**. Invited chapter (Hebrew).
3. Orbach, I., & Sade, S., & Blumenstein, B. (in press). **Psychological skills in sport: Research and application**. Invited chapter (Hebrew).
4. Bompa, T., Howell, S., Blumenstein, B., & Orbach, I. (in press). Chapter 1: Introduction to theory and methodology of sport training. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (Eds.). **Integrated Periodization in Sports Training & Athletic Development**. Meyer& Meyer Sports.
5. Blumenstein, B., & Orbach, I. (in press). Chapter 3: Psychological preparation integration part of athletic training. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (Eds.). **Integrated Periodization in Sports Training & Athletic Development**. Meyer& Meyer Sports.
6. Hoffman, J., Howell, S., Bompa, T., Blumenstein, B., & Orbach, I. (in press). Chapter 4: Integration of psychology and nutrition in annual plans. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (Eds.). **Integrated Periodization in Sports Training & Athletic Development**. Meyer& Meyer Sports.
7. Bompa, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (in press). Chapter 5: Application of nutrition and sport psychology within the training phases.. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (Eds.). **Integrated Periodization in Sports Training & Athletic Development**. Meyer& Meyer Sports.
8. Bompa, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (in press). Chapter 6: Long-term integrated periodization. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (Eds.). **Integrated Periodization in Sports Training & Athletic Development**. Meyer& Meyer Sports.
9. Bompa, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (in press). Chapter 7: Fatigue and over training Kinetics. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (Eds.). **Integrated Periodization in Sports Training & Athletic Development**. Meyer& Meyer Sports.
10. Bompa, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (in press). Chapter 8: Peaking for competition. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (Eds.). **Integrated Periodization in Sports Training & Athletic Development**. Meyer& Meyer Sports.
11. Bompa, T., Blumenstein, B., & Orbach, I., Hoffman, J., & Howell, S. (in press). Chapter 9: Recovery from competition. In T. Bompa, B. Blumenstein, I. Orbach, S. Howell, & J. Hoffman (Eds.). **Integrated**

- Periodization in Sports Training & Athletic Development.** Meyer & Meyer Sports.
12. Blumenstein, B. & E. Tsung-Min Hung (2016). Biofeedback in sport. In R. Schinke, K. McGannon, B. Smith (Eds.) **The Routledge International Handbook of Sport Psychology**. (pp.429-438). Routledge.
  13. Blumenstein, B., & Orbach, I. (2014) **Biofeedback for sport and performance enhancement**. Oxford Handbooks Online. New York. Oxford University Press.  
DOI:10.1093/oxfordhb/9780199935291.013.001. Invited chapter
  14. Blumenstein, B., & Orbach, I. (2014). Sailing in Israel. In P. Terry, Z. Li-Wei, K. Young-Ho, T. Morris & S. Hanrahan (Eds.) **Secrets of Asian Sport Psychology** (pp.246 - 262). Open Educational Resources. University of Southern Queensland, Australia.
  15. Blumenstein, B., & Orbach, I. (2014). Biofeedback/Neurofeedback. In R. Eklund & G. Tenenbaum (Eds.) **Encyclopedia of Sport and Exercise Psychology**. (pp.70-73). SAGE Publication.
  16. Blumenstein, B., Tsung-Min, E., & Orbach, I. (2014). Self-regulation and biofeedback. In A. Papaioannou & D. Hackfort (Eds.) **Routledge Companion to Sport and Exercise Psychology: Global Perspectives and Fundamental Concepts** (pp.402-416). Routledge, UK: Taylor & Francis Publisher.
  17. Blumenstein, B., & Orbach, I. (2012). Biofeedback training in sea. In A. Edmonds & G. Tenenbaum (Eds.) **Case Studies in Applied Psychophysiology: Neurofeedback and Biofeedback Treatments for Advances in Human Performance** (pp.134-143). West Sussex, UK: Wiley –Blackwell.
  18. Blumenstein, B., & Orbach, I. (2012). The road to Olympic medal. In A. Edmonds & G. Tenenbaum (Eds.) **Case Studies in Applied Psychophysiology: Neurofeedback and Biofeedback Treatments for Advances in Human Performance** (pp.120-133). West Sussex, UK: Wiley –Blackwell.
  19. Lidor, R., & Blumenstein, B. (2012). Soccer as a mediator for fostering relationships and building peace among Jewish and Arab players. In R. Schinke & S. Hanrahan (Eds.) **Sport for Development, Peace and Social Justice** (pp.39-56). Morgantown, WV: Fitness Information Technology.
  20. Lidor, R., & Blumenstein, B. (2011). Sport psychology consultations for professional soccer players – Working with diverse teams. In R. Schinke (Ed.) **Introduction to Sport Psychology: Training, Competition and Coping** (pp.187-200). Hauppauge, NY: Nova Science Publishers Inc.
  21. Lidor, R., & Blumenstein, B. (2009). From one Olympics to the next: A four-year psychological preparation program. In R. Schinke (Ed.) **Contemporary sport psychology** (pp. 71-87). Hauppauge, NY: Nova Science Publishers Inc.

22. Lidor, R., & Blumenstein, B. (2009). Working with elite athletes in Israel. In R. Schinke & S. Hanrahan (Eds.). **Cultural sport psychology** (pp.141-152). Champaign, IL: Human Kinetics.
23. Blumenstein, B., Lidor, R., Tenenbaum, G. (2007). Sport psychology and the theory of sport training: An integrated approach. In B. Blumenstein, R. Lidor, G. Tenenbaum (Eds.). **Psychology of Sport Training** (pp. 8-18). Oxford, UK. Meyer & Meyer Sports.
24. Lidor, R., Blumenstein, B., & Tenenbaum, G. (2007). Periodization and planning of psychological preparation in individual and team sports. In B. Blumenstein, R. Lidor, G. Tenenbaum (Eds.). **Psychology of Sport Training** (pp. 137-161). Oxford, UK: Meyer & Meyer Sports.
25. Blumenstein, B., & Bar-Eli, M. (2005). Biofeedback applications in sport. In D. Hackfort, J. L. Duda, & R. Lidor (Eds.). **Handbook of Research in applied Sport and Exercise Psychology: International Perspectives** (pp. 185-197). Morgantown, WV: Fitness Information Technology
26. Blumenstein, B., Bar-Eli, M., & Weinstein, Y. (2003). Biofeedback in sport: Research and application. In R. Lidor (Ed.), **Motor behavior: Psychological and sociological perspectives** (pp. 90-112). Jerusalem: The Hebrew University Magnes Press (Hebrew).
27. Blumenstein, B. (2002). Biofeedback applications in sport and exercise: Research findings. In B. Blumenstein, M. Bar-Eli, & G. Tenenbaum (Eds.). **Brain and body in sport and exercise: Biofeedback applications in performance enhancement** (pp. 37-54). Chichester, West Sussex: John Wiley & Sons, Ltd.
28. Blumenstein, B., Bar-Eli, M., & Collins, D. (2002). Biofeedback training in sport. In B. Blumenstein, M. Bar-Eli, & G. Tenenbaum (Eds.). **Brain and body in sport and exercise: Biofeedback applications in performance enhancement** (pp. 55-76). Chichester, West Sussex: John Wiley & Sons, Ltd.
29. Blumenstein, B. (2001). Sport psychology practice in two cultures: Similarities and differences. In G. Tenenbaum (Ed.). **The practice of sport psychology** (pp. 231-240). Morgantown, WV: Fitness Information Technology, Inc.

### **Articles in peer reviewed journals**

1. Blumenstein, B., & Orbach, I. (2018). Periodization of psychological preparation within the training process. **International Journal of Sport & Exercise Psychology**,16(2) DOI:10.1080/1612197X.2018.1478872.

2. Blumenstein, B., Orbach, I., Ifergan N., Israel, R., & Moran, D. (2018). Physical activity through games as a way to cope with anxiety among elementary pupils. **Mehkarey Hagivaa**, 301-313 (Hebrew).
3. Blumenstein, B., & Orbach, I. (in press). Biofeedback/Neurofeedback: Multimodal Biofeedback Technologies. In D.Hackfort, R. Schinke & B. Strauss (Eds.). **International Dictionary of Sport Psychology**. Elsevier
4. Blumenstein, B., Orbach, I., Gelinski, Y., Shemer, Y., Moran, D., & Weinstein, Y. (2018).The effect of mental relaxation and imagery on free throw shooting accuracy among young basketball players. **Applied research in coaching and athletics annual**,33,1-12
5. Blumenstein, B., Orbach, I., Aaron, R., Weinstein, Y., & Moran, D. (2017). The effect of biofeedback training on anxiety in physical education teachers. **MOJ Yoga & Physical Therapy**, 2(3), 00022.DOI:10.15406/mojypt.2017.02.00022
6. Blumenstein. B., & Orbach, I. (2016). Mental preparation to Olympic Games: International Perspective. **Elite Sport**, July, 7, 60-64. (Hebrew).
7. Blumenstein, B., & Orbach, I. (2016). Professional coach: The link between science and media. **Sport Science Review**, vol.XXV, no.1-2,73-84. DOI: 10.1515/ssr-2016-0004
8. Blumenstein,B., & Orbach,I. (2016). Mental preparation to Olympic Games: International perspective. **Elite Sport**, Wingate Institute, 7, 60-64. (Hebrew).
9. Blumenstein, B., Orbach, I, Moran, D, Ziv, D, & Weinstein (2016). The effect of extra-curricular mental training on self-paced and externally paced tasks in adolescent physical education students. **Applied research in coaching and athletics annual**, 31, 102-122.
10. Bujak, Z., Gierczuk, D., Orbach, I, & Blumenstein, B. (2016). Professional activities of the European taekwondo coach: Comparative analysis **Sport Science Review**, vol.XXIV, no.5-6,305-320. DOI: 10.1515/ssr-2015-0021.
11. Blumenstein, B., & Orbach, I. (2015). Psychological preparation for Paralympic athletes: A Preliminary Study. **Adapted Physical Activity Quarterly**,32,241-255
12. Blumenstein, B., & Orbach, I. (2014). Development of psychological preparation for football referees: Pilot study. **Sport Science Review**, vol.XXIII, no.3-4,113-126.
13. Blumenstein, B., & Orbach, I. (2013). Mental training is part of athletic preparation: LMA approach. **Elite Sport**, Wingate Institute, 46-52. (Hebrew).
14. Blumenstein, B., Orbach, I., Bar-Eli, M., Dreshman, R., & Weinstein, Y. (2012). High-level coaches' perceptions of their professional knowledge, skills and characteristics. **Sport Science Review**, XXI (5-6), 5-27.

15. Orbach, I., & Blumenstein. (2012). Motivation of youth girl's athletes in competition sport: Athena Top Team. **Elite Sport**, Wingate Institute, 30-36. (Hebrew).
16. Blumenstein, B., & Weinstein, Y. (2011). Biofeedback Training: Enhancing Athletic Performance. **Biofeedback: A Clinical Journal**, 39(3), 101-104.
17. Lidor, R., & Blumenstein, B. (2011). Working with adolescent soccer and basketball players from conflicting cultures- A three dimensional consultation approach. **Journal of Sport and Social Issues**, XX(X), 1-16.
18. Lidor, R., & Blumenstein, B. (2010). Sport Psychology Consultations for Professional Soccer Players: Working with Diverse Teams. **Athletic Insight Journal**, vol. 1, issue 3, 7-20.
19. Blumenstein, B., & Orbach, I. (2010). The profile of the professional coach. **Applied research in coaching and athletics annual**, 25, 213-230.
20. Blumenstein, B., Yacobovitzch- Balva, Y. & Zach, S (2009). Psychological methods of performance enhancement in modern rhythmic gymnastics (Psychologische Methoden der Leistungssteigerung in der Rhythmischen Sportgymnastik). **Leistungssport**, 5, 44-47. (German).
21. Lidor, R., & Blumenstein, B. (2009). Sport psychology consultations for professional soccer players-working with diverse teams. **Athletic Insight**. The online journal of sport psychology, vol. 11, issue 3. <http://www.athleticinsight.com>.
22. Blumenstein, B., & Lidor, R. (2008). Psychological preparation in the Olympic village: A four-phase approach. **International Journal of Sport and Exercise Psychology**, 6, 287-300.
23. Lidor, R., & Blumenstein, B. (2008). Psychological preparations in basketball: A phase-specific approach. **Applied research in coaching and athletics annual**, 23, 24-42.
24. Blumenstein, B., & Lidor, R. (2007). The road to the Olympic Games: A four-year psychological preparation program. **Athletic Insight**. The online journal of sport psychology, Vol. 9, issue 4. <http://www.athleticinsight.com> .
25. Blumenstein, B., Yacobovitzch-Balva., & Zach, S. (2007). Psychological skills training in judo (Psychologisches Fertigkeitstraining im judo), **Leistungssport**, 6, 25-30. (German).
26. Lidor, R., Blumenstein, B., & Tenenbaum, G. (2007). Psychological aspects of elite training programs in European basketball: Conceptualization, periodization and planning. **The Sport Psychologist**, 21, 353-367.
27. Blumenstein, B. & Bar-Eli, M. (2006). From participation to Olympic medals: Israeli Approach. Scientific congress reports. **Personality, Motivation, Sport**, 11, (pp. 208-216), Tip Top Press, Sofia, Bulgaria.
28. Blumenstein, B., & Zuravsky, N. (2006). Psychological skills training in sport. **Applied Research in Coaching and Athletics Annual**, 21, 9-23.

29. Blumenstein, B., Lidor, R., & Tenenbaum, G. (2005). Periodization and planning of psychological preparation in elite combat sport programs: The case of judo. **International Journal of Sport and Exercise Psychology**, 3, 7-25.
30. Bar-Eli, M., & Blumenstein, B. (2004). Performance enhancement in swimming: The effect of mental training with biofeedback. **Journal of Science and Medicine in Sport**, 7, 454-464.
31. Bar-Eli, M., & Blumenstein, B. (2004). The effect of extra-curricular mental training with biofeedback on short running performance of adolescent physical education pupils. **European Physical Education Review**, 10, 123-134.
32. Blumenstein, B. (2004). Biofeedback: Teaching and sport – Current state and perspectives. **The Sport Psychologist** (Russian State University of Physical Culture and Sport) 1, 91-95. (Russian)
33. Blumenstein, B. (2004). Mental preparation of Israeli athletes for the Athens Olympic Games: 5 steps from lab to field. **Dynamics** (February), 48-49. (Hebrew).
34. Blumenstein, B., & Lidor, R. (2004) Psychological preparation in elite canoeing and kayaking sport programs: Periodization and planning. **Applied Research in Coaching and Athletics Annual**, 19, 24-34.
35. Lidor, R., & Blumenstein, B. (2003). Music and motor learning. **Physical Education and Sport**, 3, 18-19. (Hebrew).
36. Bar-Eli, M., Dreshman, R., Blumenstein, B., & Weinstein, Y. (2002). The effect of mental training with biofeedback on the performance of young swimmers. **Applied Psychology – An International Review**, 51(4), 567-581.
37. Blumenstein, B. (2002) **Self-regulation techniques in sport**. Elite Sport Department, Wingate Institute, Netanya, Israel, p.45. (Hebrew).
38. Kolt, G., Kirkby, R., Bar-Eli, M., Blumenstein, B., Chadha, N., Liu, J., & Kerr, G. (1999). A cross-cultural investigation of reasons for participation in gymnastics. **International Journal of Sport Psychology**, 30(3), 381-398.
39. Blumenstein, B., & Bar-Eli, M. (1998). Self-regulation training with biofeedback in elite canoes and kayakers. In V. Issurin (Ed.), **Science and Practice of Canoe/Kayak High-Performance Training**, (pp. 124-132). Elite Sport Department of Israel, Wingate Institute, Netanya, Israel.
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77. Blumenstein, B. Biofeedback in sport: From laboratory to practice. Presented at the 10<sup>th</sup> Israeli Nutrition Week "Mediterranean Diet in the Life Cycle" 12-14 June, 2012, Tel-Aviv-Wingate Institute.
78. Blumenstein, B. Psychological preparation with LMA approach. Presented to Israeli National Taekwondo coaches and athletes, 26 February, 2013, Elite Sport Department, Wingate Institute.
79. Blumenstein, B. Psychological preparation with LMA approach. Presented to Israeli National Judo coaches and athletes, 10 March, 2013, Elite Sport Department, Wingate Institute.

80. Blumenstein, B., & Orbach, I. Biofeedback and sport performance: LMA Approach. Presented at the 13<sup>th</sup> ISSP World Congress of Sport Psychology, July, 2013, Beijing, China.
81. Blumenstein, B., & Orbach, I., A Psychological Program for Football Referees: A Pilot Study. Presented to the III Wingate Scientific Congress, 12 -15 June, 2014, Wingate Institute, Israel.
82. Blumenstein, B. Psychological preparation with biofeedback: LMA approach. Presented at the Israeli annual meeting of educational psychologists, 1December, 2014, Tiveria, Israel
83. Blumenstein, B., & Orbach, I. Psychological Preparation for Israeli Paralympic Athletes. Presented at the 20<sup>th</sup> International Symposium on Adapted Physical Activity, 11-15 June, 2015, Netanya, Israel.
84. Blumenstein, B., Orbach, I., Aaron, R., Weinstein, Y., Elisha, P., & Moran, D. The effect of biofeedback training on the anxiety of physical education teachers. Presented at the 4th Wingate Congress of Exercise and Sport Sciences, Wingate Institute. 2-5, June, 2016, Netanya, Israel.
85. Orbach, I., & Blumenstein, B. (2016). LMA approach as an integrative mental tool for performance enhancement. Presented at the Annual Meeting of Israel Society of Sports Medicine and the Post-Olympic Symposium, 25<sup>th</sup> September, 2016, Airport City, Israel.

### **Invited presentations**

1. Blumenstein, B., Bar-Eli, M. Mental preparation with biofeedback in elite sport. Presented at the 1st International Symposium of Sport Psychology, 10-12 October, 1997, Mersin University, Turkey.
2. Blumenstein, B. Linking theory and practice in sport psychology. Presented at the Poland National Coaching Meeting, "Olympic Preparation to Sydney-2000", 11-14 December, 1997, Institute of Sport, Warsaw, Poland.
3. Blumenstein, B. Wingate Biofeedback Program: Applications in sport. Presented at the Poland National Coaching Meeting "Olympic Preparations to Sydney-2000", 11-14 December, 1997, Institute of Sport, Warsaw, Poland.
4. Blumenstein, B. Biofeedback application in sport. Presented to the Scientific Staff, University of Sport, Psychological Institute, Köln, Germany, November 5, 1998.
5. Blumenstein, B. Mental preparation in elite sport incorporating biofeedback. Presented to the German coaches, University of Sport, Coaching Academy, Köln, Germany, November 7, 1998.

6. Blumenstein, B. Biofeedback training in sport: Theory and practice. Presented to the students of the University of Sport, Köln, Germany, November 10, 1998.
7. Blumenstein, B. Practical principles of the 5 Step Approach. Presented to the symposium of the Xth European Congress of Sport Psychology, Prague, 10 July, 1999.
8. Blumenstein, B. Mental training in sport incorporating biofeedback, basic and intermediate. Presented at the International Clinic for Judges and Coaches in Synchronized Swimming, Wingate Institute, 1999.
9. Blumenstein, B. Mental preparation in elite sport/Wingate biofeedback program. Presented to the Chinese Chief Coaches, All-Chinese Sport Federation, Beijing, China, January 19, 2000.
10. Blumenstein, B. The Wingate Biofeedback Training Program. Presented to sport psychologists and sport scientists, Shanghai Sport Institute, China, January 22, 2000.
11. Blumenstein, B. Psychological preparation in elite sport. Presented to sport psychologists and sport scientists, Anatolia, Turkey, 7-12 February, 2001.
12. Blumenstein, B. Self-regulation factors in mental training. Presented to sport psychologists and sport scientists, Anatolia, Turkey, 7-12 February, 2001.
13. Blumenstein, B. Mental training in sport. Presented to sport psychologists and sport scientists, Anatolia, Turkey, 7-12 February, 2001.
14. Blumenstein, B. Mental training for competition. Presented to sport psychologists and sport scientists, Anatolia, Turkey, 7-12 February, 2001.
15. Blumenstein, B. Mental plan for specific sports. Presented to sport psychologists and sport scientists, Anatolia, Turkey, 7-12 February, 2001.
16. Blumenstein, B. Training process and psychological preparation. Presented to sport psychologists and sport scientists, Anatolia, Turkey, 7-12 February, 2001.
17. Blumenstein, B. Biofeedback and athletic performance. Presented at the 4<sup>th</sup> Asian-South Pacific Association of Sport Psychology (ASPASP) International Congress, "Seeking Values of Life Through Exercise and Sport", Kookmin University, Seoul, South Korea, 29 June-2 July, 2003.
18. Blumenstein, B. The effect of mental training with biofeedback on the performance of young athletes. Presented at the XI European Congress of Sport Psychology (FEPSAC), Copenhagen, Denmark, 22-27 July, 2003.
19. Blumenstein, B. Mental preparation using biofeedback. Presented to graduate students and Ph.D.'s (sport psychology), Florida State University, Tallahassee, Florida, U.S.A., 18-26 January, 2004.

20. Blumenstein, B. Mental preparation in swimming. Presented to graduate students and Ph.D.'s (sport psychology), Florida State University, Tallahassee, Florida, U.S.A., 18-26 January, 2004.
21. Blumenstein, B. Mental preparation in combat sport. Presented to graduate students and Ph.D.'s (sport psychology), Florida State University, Tallahassee, Florida, U.S.A., 18-26 January, 2004.
22. Blumenstein, B. Mental training in sport - Workshop. Presented to graduate students and Ph.D.'s (sport psychology), Florida State University, Tallahassee, Florida, U.S.A., 18-26 January, 2004.
23. Blumenstein, B. Motivational determinants of human performance in elite sport. Presented to undergraduate students and scientific staff, German Sport University, Cologne, Germany, 13-20 June, 2004.
24. Blumenstein, B. Self-management and leadership. Presented to undergraduate students and scientific staff, German Sport University, Cologne, Germany, 13-20 June, 2004.
25. Blumenstein, B. Psychological training in sport games. Open lecture, German Sport University, Cologne, Germany, 13-20 June, 2004.
26. Blumenstein, B. Stress and burnout. Presented to undergraduate students and scientific staff, German Sport University, Cologne, Germany, 13-20 June, 2004.
27. Blumenstein, B. Mental preparation for the Olympic Games 2004 – The Israeli approach. Presented at the IV International Post-Olympic Congress, Wingate Institute, Netanya, Israel, 7-8 June, 2005.
28. Blumenstein, B. Psychological preparation for Olympic Games. Presented to national coaches and medical staff. Olympic Committee, Vilnius, Lithuania. September 4-9, 2006.
29. Blumenstein, B. The Wingate Five-Step Approach. Presented to national coaches and medical staff. Olympic Committee, Vilnius, Lithuania. September 4-9, 2006.
30. Blumenstein, B. Psychological skills training workshop. Presented to national coaches and medical staff. Olympic Committee, Vilnius, Lithuania. September 4-9, 2006.
31. Blumenstein, B. Psychological skills training clinic for elite athletes. Olympic Committee, Vilnius, Lithuania, April, 1-8, 2007.
32. Blumenstein, B. Biofeedback in sport. Invite symposium, The ISSP 13<sup>th</sup> World Congress of Sport Psychology, Beijing, China, July, 21-25, 2013.

33. Blumenstein, B. Mental preparation for elite sport: LMA approach. Presented to national coaches and scientific staff .Taipei, Taiwan, October, 8-14, 2014.
34. Blumenstein, B. W5SA: research findings. Presented to scientific staff. Taipei Normal University, 8- 14 October, 2014.
35. Blumenstein, B. LMA approach. Presented to scientific staff. Hong Kong Sport Institute, 11-16 March, 2015.
36. Blumenstein, B. Biofeedback in sport. Presented to Olympic coaches. Hong Kong Sport Institute, 11-16 March, 2015.
37. Blumenstein, B. Mental preparation with biofeedback: Research findings and practice. Presented to Elite coaches. Hong Kong Sport Institute, 11-16 March, 2015.
38. Blumenstein, B. Biofeedback in sport: Past, present and future... Presented as a Keynote speaker in the Annual conference of the Israeli Association for Applied Psychophysiology and Biofeedback (IAPB), Peres Academic Center, 24<sup>th</sup> January, 2018.

### **International workshops**

1. Blumenstein, B. The Wingate Biofeedback Program. Presented to sport psychologists and scientists from six countries, Wingate Institute, July 4, 1997.
2. Blumenstein, B. Wingate Biofeedback Program: Applications in Sport (combat sports, endurance sports, team sports). Presented at the Poland National Coaching Meeting "Olympic Preparations to Sydney-2000", Institute of Sport, Warsaw, Poland, December 11-14, 1997.
3. Blumenstein, B. Wingate Biofeedback Program: 5-Step Approach. Presented to China National Coaches, Beijing, China, January 19, 2000
4. Blumenstein, B. Mental Preparation in Elite Sport. Presented to China National Coaches Shanghai, China, January, 21, 2000.
5. Blumenstein, B. Wingate Biofeedback Program: Application in Sydney Olympic Games. Presented to Turkish Sport Psychologists, Anatolya, Turkey, February, 2001.
6. Blumenstein, B. Mental Preparation in Sport: Biofeedback Application. Presented at the 4<sup>th</sup> Asian-South Pacific Association of Sport Psychology (ASPASP) International Congress, "Seeking Values of Life Through Exercise and Sport", Kookmin University, Seoul, South Korea, 29 June-2 July, 2003.
7. Blumenstein, B. Mental Preparation Using Biofeedback. Presented at the International Global Coach Conference, Vancouver, Canada, 29 October– 3 November, 2003.

8. Blumenstein, B. Mental Preparation Using Biofeedback: Application, Planning, and Periodization. Presented at the International Global Coach Conference, 29 October–3 November, Vancouver, Canada, 2003.
9. Blumenstein, B. Mental Preparation Using Biofeedback. Presented to graduate students and Ph.D.'s, Florida State University, Tallahassee, Florida, U.S.A., 18-26 January, 2004.
  - Mental preparation in swimming: Training sessions, pre-start preparation
  - Mental preparation in combat sport: Practice and competition preparation
  - Mental preparation as part of the training process: Planning and periodization
10. Blumenstein, B. Psychological Preparation with Biofeedback. To be presented to national coaches and medical staff. Presented to national coaches and medical staff. Olympic Committee, Vilnius, Lithuania. September 4-9, 2006.
  - Biofeedback applications in sport: Research findings.
  - Biofeedback clinic for medical staff.
11. Blumenstein, B. Psychological Skills Training Clinic for Olympic Athletes. Olympic Committee, Vilnius, Lithuania, April 1-8, 2007.

## **6. PSYCHOLOGICAL SKILLS TRAINING WITH ELITE ATHLETES**

Boris Gelfant (Chess) - Vice - World Champion, 2018

Aviv Levi (cable water ski) –Champion, European Championship, 2015

Yonatan Kopelev (swimming) – Champion, European Swimming Championship, 2012

Alon Dai (Motor sport) – Champion Asia races formula “Renault”, Shanghai, China, 2009

Shahar Levi (Judo) – 2<sup>nd</sup> Place, Youth World Judo Championship, Paris, France, 2009

Shahar Levi (Judo) – 2<sup>nd</sup> Place, Youth World Judo Championship, Bangkok, Thailand, 2008

Rhythmic gymnastic team (women) – 6<sup>th</sup> place, Olympic Games, Beijing, China, 2008

Irena Rizenzon – 9<sup>th</sup> place, Rhythmic gymnastic, Olympic Games, Beijing, China, 2008

“Hapoel” Handball Club Rishon-Lezion- 1<sup>st</sup> Place, National Championship, Israel, 2008

Gal Ikutiel (Judo) – 3<sup>rd</sup> Place, European Judo Championship, Belgrad, Serbia, 2007

Noam Mills (Fencing) – 2<sup>nd</sup> Place, Universiada, Seoul, Korea, 2007

Golan Polak (Judo) – 3<sup>rd</sup> Place, Youth Olympic Games, Belgrad, Serbia, 2007

Eyal Levin & Amir Yam (Sailing "470") – 1<sup>st</sup> Place, World Youth Championship, Italy, 2006

Tom Hovav (Taekwondo) – 2<sup>nd</sup> Place, European Taekwondo Championship, Bonn, Germany, 2006

Israeli Judo Team (Men) – 1<sup>st</sup> Place, European Judo Championship for Teams, Bucharest, Romania, 2005

Yael Razvozov (Judo) – 2<sup>nd</sup> Place, European Judo Championship, Rotterdam, Holland, 2005

Arik Zevi (Judo) – 2<sup>nd</sup> Place, European Judo Championship, Rotterdam, Holland, 2005

Ilan Goldshmid (Taekwondo) – 3<sup>rd</sup> Place, World Championship, Madrid, Spain, 2005

Arik Zevi (Judo) – 5<sup>th</sup> Place, Olympic Games, Sydney, Australia, 2000  
 – 2<sup>nd</sup> Place, World Judo Championship, 2001  
 – 1<sup>st</sup> Place, European Championship, 2001, 2003, 2004  
 – 3<sup>rd</sup> Place, Olympic Games, Athens, Greece, 2004

Yael Razvozov (Judo) – 2<sup>nd</sup> Place, European Judo Championship, Bucharest, Romania, 2004

Israeli National Basketball Team (Youth) – Final, European Championship, Spain, 2003  
 – 2<sup>nd</sup> Place, European Championship, Brno, The Czech Republic, 2004

Alex Averbuch (Pole Vault) – 2<sup>nd</sup> Place, World Championship, 2001  
 – 1<sup>st</sup> Place, European Championship, 2003

Roi Elin (Canoe/Kayak) – 4<sup>th</sup> Place, European Championship, 2002  
 – 7<sup>th</sup> Place, World Championship, 2003

Galit Chait & Sergei Saknovsky (Figure Skating) – 3<sup>rd</sup> Place, Winter Olympic Games, 2002

Shani Kedmi & Anat Fabrikant (Sailing "470") – 4<sup>th</sup> Place, Olympic Games, Sydney, Australia, 2000

Guy Starik (Shooting) – 1<sup>st</sup> Place, World Cup, 1999

Noa Shmida (Taekwondo) – 2<sup>nd</sup> Place, European Junior Taekwondo Championship, 1999  
 – 2<sup>nd</sup> Place, World Junior Taekwondo Championship, 1998

Amit Inbar (Windsurfing) – 2<sup>nd</sup> Place, World Windsurfing Championship, 1997

Nir and Ran Shantal (Sailing "470") – 3<sup>rd</sup> Place, World Sailing Championship, 1995



Gocha Chochaswili (Wrestling) – 2<sup>nd</sup> Place, World Wrestling Championship, 1995  
– 1<sup>st</sup> Place, World Wrestling Championship, 2003

Oren Smadja (Judo) – 2<sup>nd</sup> Place, World Judo Championship, Japan, 1995

Nik Zagranichi (Wrestling) – 2<sup>nd</sup> Place, European Wrestling Championship, 1993