



Name: Dr. Hila Sharon-David

Date: 20/6/2026

CURRICULUM VITAE

1. Personal Details

Name: Dr. Hila Sharon-David

Date of Birth: September 19, 1988

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2. Higher Education

A. Undergraduate and Graduate Studies

Years	Degree	Field	Institution
2010–2014	B.A.	Psychology	Reichman University (IDC Herzliya), Israel
2014–2016	M.A. (Summa Cum Laude)	Social Psychology	Reichman University (IDC Herzliya), Israel
2017–2020	Ph.D.	Sport & Exercise Psychology	Florida State University, USA

B. Post-Doctoral Studies

Years	Field	Institution
2020–2021	Biomedical Sciences	Florida State University, USA



3. Academic Positions

Years	Position	Institution
2021–Present	Lecturer (Adjunct)	College of Management Academic Studies, Israel
2021–2024	Faculty Lecturer	Ono Academic College, Israel
2017–2020	Research Fellow & Lecturer	Florida State University, USA
2014–2016	Research Assistant	Reichman University (IDC Herzliya), Israel

4. Teaching Experience

Courses Taught (Selected)

a. Courses Taught in Recent Years

Years	Course Title	Degree Level	Institution	Description
2021–Present	Therapeutic Tools in Sport Psychology from a Humanistic Perspective	M.A.	College of Management	Advanced course integrating humanistic psychology, movement-based interventions, and applied therapeutic tools.
2021–Present	Research Seminar equal to Thesis	M.A.	College of Management	Advanced academic and Research practice covering psychological processes underlying physical activity, performance, and mental health.
2024–Present	Practicum in Applied Psychology	M.A.	College of Management	Academic supervision of applied fieldwork, reflective practice, and professional development.
2021–2024	Psychology of Physical Activity	B.A.	Ono Academic College	Course focusing on motivation, adherence, stress, and well-being through physical activity.



2021– 2024	Community Management through Healthy Lifestyle	B.A.	Ono Academic College	Applied course connecting health psychology, community leadership, and lifestyle interventions.
2021– 2024	Humanistic approach in education	M.A.	Ono Academic College	Introduced humanistic and evidence-based psychological approaches for fostering emotional wellbeing, resilience, and effective educational practice
2022– 2024	Developmental psychology	B.A.	Ono Academic College	Examined cognitive, emotional, and social development across the lifespan, integrating contemporary research on the role of movement and physical activity in healthy development and psychological well-being.
2022– 2024	Abnormal psychology	B.A.	Ono Academic College	Introduced major psychological disorders, their etiology, diagnosis, and evidence-based treatment approaches, while highlighting the role of lifestyle interventions in promoting mental health.
2021– Present	Research Seminar in Sport & Exercise Psychology	B.A./M.A.	College of Management & Ono	Supervision of empirical research projects, from proposal to data analysis and academic writing.
2022– 2023	Practice Voices	M.A.	Reichman University	Bridged theory and practice through guest lectures by leading sport psychology practitioners, exposing students to diverse applied perspectives from the Israeli professional field.



2017–2020	Exercise Psychology	Undergraduate	Florida State University	Teaching and guest lectures delivered in English within the Sport Psychology curriculum.
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Teaching conducted in English and Hebrew.

5. Research Fields and Expertise

- Sport and Exercise Psychology
- Physical Activity and Lifestyle as Medicine
- Stress, Mental Health, and Well-Being
- Body Image and Positive Body Perception
- Interpersonal Processes, Intimacy, and Synchrony
- Humanistic Psychology and Community-Based interventions

6. Honors, Awards, and Scholarships

- Sport Psychology Research Laboratory Grant, Florida State University (2020)
- Planning Grant, Florida State University – \$13,000 (2020)
- 3-Minute Thesis Competition Finalist, Florida State University (2019)
- Hazel Royall Stephens O'Connor Dillmeier Endowment Fellow Award (2019)
- Multiple Travel and Research Grants, Florida State University (2017–2020)
- Florida–Israel Institute Scholarship (2017–2020)

7. Scholarly positions and activities outside the institution

Years	Position	Organization	Academic / Scholarly Contribution
2021–Present	Founder & Method Developer	GufRegesh Method	Development of an integrative movement-based psychological intervention grounded in sport psychology, humanistic psychology, and behavioral science. Application in



			clinical, educational, and community settings.
2023–Present	Founder & Research Lead	OneWell™	Development of AI-based organizational wellness assessment tools. Design of research-informed diagnostic models for stress, well-being, and health promotion in organizations.
2021–Present	Lecturer & Consultant	Academic & Public Organizations	Delivery of evidence-based lectures and workshops on health promotion, stress regulation, and movement-based psychological interventions.

8. Participation in Scholarly Conferences

a. Active Participation (Lectures, Posters, Workshops, Symposia)

Year	Conference	Location	Type of Contribution	Title
July 2026 (upcoming)	FEPSAC Conference of Sport & Exercise Psychology	Romania, Timisoara	Workshop & Lecture & Poster	<i>Sport Psychology and Motherhood: Navigating the gap;</i> <i>Body Image as a Therapeutic psychological tool;</i> <i>Meet OneWell: lifestyle medicine within organizations</i>
July 2026 (upcoming)	Ikar Collective Webinar	Online	Keynote Speaker	<i>Movement-Based Therapies and their essence in treating trauma today</i>
2025	ISPO – Sports Tech Nation	Munich, Germany	Keynote Speaker	<i>The Future of Coaching: Personalizing Training with AI and Sport Psychology</i>



2024	FEPSAC Conference of Sport & Exercise Psychology	Innsbruck, Austria	Poster & Symposium	<i>Enhancing Healthy Lifestyle Habits and Mental Health in College Students</i>
2024	FEPSAC Conference	Innsbruck, Austria	Symposium	<i>Cognitive Processes Underlying Motor Performance in Challenging Environments</i>
2022	FEPSAC Conference	Padova, Italy	Poster & Workshop	<i>Exercise-Emotional Support Intervention for Stress Reduction</i>
2022	FEPSAC Conference	Padova, Italy	Workshop	<i>Integrating Exercise Prescriptions in Mental Health Practice</i>
2021	American College of Sports Medicine Annual Conference	Remote	Tutorial Presentation	<i>Encouraging People to Sit Less and Move More</i>
2020	Association for Applied Sport Psychology	Remote	Poster Presentation	<i>Integrating Emotional Support within Fitness Training</i>
2019	American College of Sports Medicine	Orlando, USA	Poster Presentation	<i>Mirror Preferences in the Gym Environment</i>
2019	FEPSAC Conference	Münster, Germany	Workshop & Poster	<i>Applied Exercise Psychology & Mirrored Exercise Environments</i>
2018	AASP Annual Conference	Toronto, Canada	Poster Presentation	<i>Individual Preferences in Mirrored Exercise Settings</i>

9. Publications



A. Ph.D. Dissertation

Sharon-David, H., Tenenbaum, G., Pinto, J. R., Ben-Zaken, S., Vied, C., Reyes, S., & Asher, A. (2020). Exercising Mind-Body: The Effects of Exercise–Emotional Support (EES) Intervention on Stress and Well-Being Among College Students. Doctoral Dissertation, Florida State University.

B. Articles in Refereed Journals

1. **Sharon-David, H.** (*First Author*), Siekańska, M., & Tenenbaum, G. (2020). *Are gyms fit for all? A scoping review of the barriers and facilitators to gym-based exercise participation experienced by people with physical disabilities.* Performance Enhancement & Health, 8(1), 100170.
Impact Factor: 2.31 | Q2
2. **Sharon-David, H.** (*First Author*), Mizrahi, M., Rinott, M., Golland, Y., & Birnbaum, G. E. (2019). *Being on the same wavelength: Behavioral synchrony between partners and its influence on the experience of intimacy.* Journal of Social and Personal Relationships, 36(10), 2983–3008.
Impact Factor: 2.30 | Q1
3. Eldadi, O., **Sharon-David, H.**, & Tenenbaum, G. (2023). *Interpersonal emotions in team sports: Effects of emotional contagion on emotional, social, and performance outcomes of a team.* Scientific Journal of Sport and Performance, 2(4), 473–491.
Impact Factor: 0.406 | Q4
4. **Sharon-David, H.**, & Tenenbaum, G. (2017). *The effectiveness of exercise as a treatment strategy for coping with stress.* Studies in Sport Humanities, 22, 19–29.
Indexed journal | Q4

C. Articles or Chapters in Scientific Books

1. **Sharon-David, H.**, Gershgoren, L., & Tenenbaum, G. (2026). *Ethical considerations in sport and exercise psychology research.* In **Ethical issues in sport and exercise psychology** (2nd ed., revised). Routledge.
2. **Sharon-David, H.**, & Tenenbaum, G. (2026). *Ethics in measurement and testing in sport and exercise psychology.* In **Ethical issues in sport and exercise psychology** (2nd ed., revised). Routledge. (*Updated chapter*)
3. Gershgoren, L., Blatt, A., **Sharon-David, H.**, & Sarig, Y. (2024). *Communication in sport.* In L. Gershgoren, R. Lidor, & G. Tenenbaum (Eds.), Psychological Aspects in Sport: Theory and Application. Netanya, Israel.



D. Other Publications (Hebrew / In Press / Under Review)

1. **Sharon-David, H.** (*First Author*), Blatt, A., & Tenenbaum, G. (2024). *Mental health breakdown in elite athletes*. Elite Sport: Magazine of the Israeli Olympic Committee (Hebrew).
2. **Sharon-David, H.**, & Tenenbaum, G. (2018). *The role of sport psychologists and main stress factors in the Olympic Games*. Elite Sport: Magazine of the Israeli Olympic Committee (Hebrew).
3. **Sharon-David, H.** (*First Author*), Kozmer, M., Sarig, Y., & Tenenbaum, G. (under review). *Mirror Mirror on the Wall: Individual Differences in Exercise Preferences in the Context of Mirrored Exercise Settings*.

10. Professional Affiliations

- European Federation of Sport Psychology (FEPSAC)
- Association for Applied Sport Psychology (AASP)
- The Israeli Association for Sport and Exercise Psychology