

William Land

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Dr. Land is the director of the Human Performance Laboratory and professor of sport psychology in the Department of Kinesiology, Health, and Nutrition at the University of Texas at San Antonio. He teaches courses at both the undergraduate and graduate level in sport psychology, applied sport psychology, exercise psychology, and the role of sport in society.

Dr. Land's area of research deals with understanding the psychological and mental factors that help support elite athletic performance. More specifically, his primary focus is on choking under pressure in sports, and the influence of attention and anticipation on motor performance and learning. From this work, he has published research on interventions to prevent the negative effects of pressure on performance, as well as research pertaining to the optimal focus of attention.

More recently, his research has begun to focus on the application and measurement of mental skills within the law enforcement community. In addition to his research, Dr. Land has remained active in consulting and advising athletes concerning performance enhancement techniques.

Topics for the 13th International Teaching Week:

- 1. Choking Under Pressure in Sports: Insights into Theories and Interventions**
- 2. The Influence of Anticipation on Motor and Cognitive Performance**