Dr. Thomas Martinek
Educator, Author, Project Director

Thursday, April 11
4:00 p.m.
HSC Heritage Room
Doors open at 3:30 p.m.
Q & A at 5:00 p.m.
Light refreshments available

More information can be found at:
www.niu.edu/cea/PALS/

Developing Leadership in Adolescent Youth through Physical Activity

Dr. Martinek is a professor in the Department of Exercise and Sport Science at the University of North Carolina at Greensboro (UNCG). During his 37-year tenure at UNCG, his research has focused on the social and psychological dynamics of teaching and coaching.

Dr. Martinek is also the director of the Community Youth Sport Development undergraduate and graduate programs at UNCG. For the past 19 years, Dr. Martinek has directed and taught in Project Effort, an after-school sport and leadership program for underserved children and youth. The basis of his work has evolved from his research on teacher expectancy effects, learned helplessness, and resiliency of at-risk youth.

Most recently, he has established an alternative high school, Middle College, for at-risk students on UNCG’s campus. The school is a part of the North Carolina New Schools Project and is an integral part of Martinek’s “wrap around” approach to developing the assets of each individual youth, believing that...

“... rubbing shoulders with other college students – is really a plus.”