

Dr Sarah-Kate Millar
PhD, MSc (Sports Coaching), BEd



Research specialisation: Skill acquisition and sports coaching.

Experience: 9 years' as an academic in sport coaching and skill acquisition. Sarah-Kate has experience in working in the area of psychosocial development of pre-elite Maori and Pacific Rugby League players, as well as skill development of the rugby tackle in youth players. Sarah-Kate has a history coaching and working with coaches across a range of sports and so draws on experiences from multiple codes when working in this group.

Research overview: Sarah-Kate Millar is a senior lecturer at the Auckland University of Technology (AUT) in the area of sports coaching and in particular skill acquisition. She is member of the Sports Performance Research Group (SPRINZ), as well as the coaching research group, the sports kinesiology injury prevention and performance (SKIPP) group and the rugby codes research and the leader of the Aquatic Boat Sport Group for SPRINZ group. Sarah-Kate's primary research focus uses a dynamic systems perspective and a constraints-led approach to understanding and achieving movement change. Her mixed methods approach to answering questions is driven by her desire to complete applied research and she strives to have coaches (and athletes) knowledge included in her work, as well as having research that is representative of performance demands. Areas of research completed by Sarah-Kate are interpersonal and extra personal coordination in rowing, coaches' self-awareness, youth sport dropout, rugby psychosocial development, and weight lifting, decision-making and early vs. late specialisation.

Postgraduate supervision: Currently supervising 4 Masters and 3 PhD. Topics contribute to research and practice in psychosocial development in rugby league, tactical skill development, rowing biomechanics, Paralympic sport journeys, rural backgrounds and high performance sport.

Research publications:

Millar, S. K., Oldham, A. R. H., Renshaw, I., & Hopkins, W. (2017). Athlete and coach agreement: Identifying successful rowing performance. *International Journal of Sports Science & Coaching*.

Millar, S. K., & Oldham, A. R. H. (2016). Using contrast textures to enhance perceptual coupling in High Performance rowing. *Sensoria - Contemporary perspectives on applied sports science: technology and performance*.

Millar, S. K., Oldham, A. R. H., Hume, P., & Renshaw, I. (2015). Using rowers' perceptions of on-water stroke success to evaluate sculling catch efficiency of biomechanical variables via a boat instrumentation system. *Sports*, 335-345. doi:10.3390/sports3040335

Millar, S. K., Oldham, A. R. H., & Renshaw, I. (2013). Interpersonal, Intrapersonal, Extrapersonal? Qualitatively Investigating Coordinative Couplings between Rowers in Olympic Sculling. *Nonlinear Dynamics, Psychology and Life Sciences*, 17(3), 425-443.

Millar, S. K., Oldham, A. R. H., & Renshaw, I. (2012). Interpersonal coupling in rowing : the mediating role of the environment. *Journal of Sport and Exercise Psychology*, 34(Supp), 110-111.

Millar, S. K., Oldham, A. R. H., & Donovan, M. (2011). Coaches' Self-Awareness of Timing, Nature and Intent of Verbal Instructions to Athletes. *International Journal of Sports Science & Coaching*, 6(4), 503-513.



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