

Fitni Destani

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Fitni Destani, PhD, is an Associate Professor in the Department of Human Performance and Movement Sciences at Keene State College. He holds a BA in Psychology from the University of California, Santa Barbara, an MA in Sports Science from San Francisco State University, and a PhD in the Psycho-Social Aspects of Sport with an emphasis in Sport Pedagogy from the University of Utah. Fitni's professional interests center on the role of motivational and caring classroom climates in physical education and their impact on youth physical activity and engagement. His background includes 17 years of higher education experience developing physical education students for the field, consulting with student athletes supporting their mental health and his scholarly work has appeared in journals such as Journal of Physical Education, Recreation & Dance and Journal of Sport Psychology in Action. He served as President Elect (2020-2023), President (2024) and Past President (2025) of the New Hampshire Health Physical Education Recreation and Dance Association between 2020-2025. Outside of his professional work, he enjoys spending time with his family and staying physically active year-round.