

Dr. Lindsey Blom is the Senior Associate Athletic Director of Championship Performance, Senior Kinesiology Advisor to the Dean, and Professor of Sport and Exercise Psychology at Ball State University. She recently also served as the Chairperson for the School of Kinesiology. As a Senior Associate AD, she oversees sports medicine, strength and conditioning, nutrition, and mental wellness, along with providing sport supervision. For the past fifteen years as a professor, she has investigated positive youth development through sport and using sport to promote peace at the individual, community, and international levels. Throughout her academic career, Dr. Blom has co-authored over 70 journal articles, book chapters, and a book, *Survival Guide for Coaching Youth Soccer*, and received over a million dollars in externally funded grants as the principal investigator or Co-PI, with two recent PI grants related to sport of social change funded by the Department of State Bureau of Educational and Cultural Affairs' SportsUnited program. She is also a Fellow of the Association for Applied Sport Psychology and recently served as the President of the organization. To accompany her educational training and research experience, Lindsey has almost 20 years of consulting experience as a certified mental performance consultant (CMPC), working with administrators, coaches, and athletes from the youth to elite level. Furthermore, she has led numerous team-building workshops and presented at coaching conferences, using her education, and experiences as a coach and semi-professional and Hall of Fame DI soccer player.

Professional Experience

Senior Associate AD of Championship Performance

July 2024- present

Associate AD of Championship Performance (Aug 2023-June 2024)

Ball State University, Muncie, IN

- Provide effective leadership, development and oversight of Sports Medicine, Strength and Conditioning, Nutrition, and Mental Wellness programs;
- Serve as the ***Athletic Designee for Inclusion and Diversity***;
- Lead personnel training, annual education, competency assurance and annual continuing training compliance;
- Serve as the Athletics liaison to sports dietitians at Ascension St. Vincent Sports Performance, the University Health Center, and the Athletics Mental Health Graduate Assistant;
- Collaborate with the Deputy Director of Athletics for Internal Operations and the Director of Athletics to produce a yearly budget and ensure that Athletics health care meets all budget goals;
- Develop policy and procedures for the management of the budget in collaboration with Athletics administration;
- Guide risk management, quality initiatives and compliance on State Board of Health guidelines, student-athlete healthcare documentation, equipment compliance records and emergency action plans (EAPs);
- Serve as hiring manager, supervisor and evaluator for the Director of Sports Medicine, Director of Strength and Conditioning for Olympic Sports, Associate Strength and Conditioning Coach and Graduate Assistants (5 direct reports with 15 secondary reports);
- Manage all contract and vendor relationships that have direct impact on the areas of health, performance and well-being of student-athletes;
- Build strong relationships and provide consistent communication with all necessary staff regarding well-being and sports performance issues;
- Provide critical emphasis to the Team Physician Services/Sports Medicine and direct the yearly evaluation of these relationships and provide recommendations to the Director of Athletics accordingly;
- Work to identify and build relationships with campus entities, departments, and staff to develop resources for student-athletes, coaches, and teams that may enhance programming, support, and health or performance-related resources;
- Lead the Department's mental health and wellness committee and serve on the MAC's Health & Safety Committee;

- Assist in providing staff an overview of the latest performance and technology developments to ensure Ball State Athletics stays engaged, progressive, and a leader in sport performance service delivery;
- Serve on the department's sports performance capital project committee; and
- Provide supervision (8 direct reports, 16 secondary reports).

Chairperson, School of Kinesiology
Ball State University, Muncie, IN

May 2022 — October 2023

- Managed a \$5.4 million budget;
- Facilitated development of School and program video marketing materials;
- Initiated a School priority around hiring great people;
- Led 20+ hours of discussion around P&T and NTL salary/promotion policy, culture, and procedure revisions;
- Created a more welcoming environment and transition for students;
- Collaborated around solutions to support the advising challenges and student success;
- Hired 2 tenure-line faculty, 2 contract faculty, and 1 staff member;
- Identified and removed curriculum barriers for students;
- Coordinated program and School website updates;
- Developed revisions and reported on the School's Priorities for Action (strategic plan);
- Completed merit reviews for 30+ faculty;
- Increased One Ball State Day fundraising initiatives and participation;
- Developing a focused plan around professional development in inclusive excellence; and
- Explored and problem-solved low enrollment challenges.

Professor of Sport & Exercise Psychology
Ball State University, Muncie, IN

August 2008 — Present

- Professor, Sport & Exercise Psychology August 2019- present
- Associate Professor, Sport & Exercise Psychology August 2012 – 2019
- Assistant Professor, Sport & Exercise Psychology August 2008 – July 2012
- Graduate Coordinator, Sport and Exercise Psychology Program, August 2009 - May 2022
- Undergraduate Course Taught: *Psychological and Social Issues of Sport; Values through Sport Immersive Learning*
- Graduate Courses Taught: *Psychology of Exercise and Health, Foundation of Research Methods, Group Process in Sport, Research Methods, Sport Psychology, Psychology of Youth Sport and Physical Activity, Practicum in Sport & Exercise Psychology, Sociology of Sport*

Faculty Athletics Representative
Ball State University, Muncie, IN

May 2017 — October 2023

- Advised Staff on Student-Athlete Wellness support issues;
- Participated on Administration and Coach Search Committees;
- Participated on hiring committees for 5 coaches and 2 Athletic Directors
- Completed Student-Athlete exit interviews;
- Served on NCAA Men's Basketball Oversight Committee (June 2019 - Oct. 2023)
- Assisted with coach evaluations;
- Met quarterly with University President to discuss Athletics;
- Served as a liaison with Student-Athlete Support Services (Academics);
- Attended NCAA, MAC, and FAR annual conferences/meetings;
- Recommended/Evaluated MAC Student-Athlete and NCAA academic-based awards;

- Met Bi-weekly with Athletics Director
- Served on committees: BSU Athletics Committee, Cardinal Varsity Club Board of Directors, BSU CARE Team, BSU Compliance and Eligibility Committee, MAC Infractions Committee

Assistant Professor

August 2005 — May 2008

University of Southern Mississippi, Hattiesburg, MS

- Sport Coaching Education Undergraduate Program Coordinator, August 2006- July 2008
- Sport Coaching Education Graduate Program Coordinator, August 2007- July 2008
- Undergraduate Courses Taught: *Sport Psychology, Exercise Psychology, Senior Capstone, Competitive Youth Sports*
- Graduate Courses Taught: *Sport Psychology, Advanced Sport Coaching Methodology*

Education

Ed.D. *Sport and Exercise Psychology*,
West Virginia University, Morgantown

M.A. *Counseling Education*,
West Virginia University, Morgantown

Master of Science
Georgia Southern University, Statesboro

Bachelor of Science
Georgia Southern University, Statesboro

Select Awards & Recognitions

Fellow- Mid-American Conference Academic Leadership Development Program, Ball State University	August 2023 — Present
Fellow, Association for Applied Sport Psychology	October 2019 — Present
Outstanding Faculty Award for Student Success, Mid-American Conference	May 2021
Outstanding Teacher (Tenure-Track), School of Kinesiology, Ball State University	May 2021
Distinguished Contributions to Public Interest Award, Society for Sport, Exercise, and Performance Psychology, American Psychological Association	April 2018
Fellow, The Executive Journey Fellowship for Indiana Leaders in Youth Development, Lilly Inc	August 2016 — June 2017
Top 40 Under 40, Inaugural Class, Georgia Southern University	June 2014
Athletics Hall of Fame, Georgia Southern University	October 2014

Select Keynote/Invited Presentations

Blom, L. C., (July 2023). "Mental Wellness in Youth Sport", Vanderbilt Youth Sports & Health Safety Conference, Vanderbilt Youth Sports Center.

Blom, L. C., (June 2023). "A Seat at the Table: Mental Health and Coach Development", US Center for Coaching Excellence Summit.

Blom, L. C., (June 2023). "Creating a Culture of Mental Wellness in High School Sports & Activities", National Federation for High School Associations (NFHS) Summer Meeting.

Blom, L. C., (January 2023). "Mental Health for High School Coaches", National Federation for High School Associations (NFHS) Executive Directors' Meeting.

Blom, L.C., (October 2021). Perseverance, Positivity, Proximity: AASP Presidential Address. Association for Applied Sport Psychology annual conference, virtual.

Gerstein, L. H., **Blom, L. C.** (October 2021). Sports for youth development & social change, Mental Health & Productivity: The Emerging Challenges for Youth, National Institute of Psychology, Pakistan, virtual.

Blom, L.C. (2020, Dec). Mind Games: The Role of Sports Psychologists in Team Sports. Webinar presented by World Learning.

Blom, L.C. & Bronk, K. C. (2018, April). Liberian Youth's Experiences of Positive Peace: Participation in a Sport for Development Program. Presented at the Benjamin V. Cohen Peace Conference

Blom, L. C., Ellery, J., & Sullivan, M. (2017, Sept). Sporting Areas as a Placemaking Process for Peace-Building. Presented at the Diversity Research Symposium.

Blom, L. C. (2015, Oct). Coaching Education and Sport Psychology: Youth Coaches in Developing Countries. In panel, Five Slides for Five Minutes: Coaching. Presented at the Association for Applied Sport Psychology national conference, Indianapolis, IN.

Blom, L. C. (2014, May). Using Sport for Development. Closed Expert Roundtable on the Role of Education in Countering Violent Extremism, Hedayah and Center on Global Counterterrorism Cooperation, Abu Dubai, U.A.E.

Blom, L. C. (2013, September). Using Sport in Education for Peace and Development. Closed Roundtable on the Role of Education in Countering Violent Extremism, Hedayah and Center on Global Counterterrorism Cooperation, New York, NY.

Select Publications

Hansell, A., Voelker, D., **Blom, L. C.** (in press). Short-Term International Sport for Development and Peace Programs: A Retrospective Analysis and Critique Informed by Stakeholders' Perspectives in a Two-Year Follow-Up. *Journal of Sport for Development*.

Blom, L.C., Visek, A. J., & Harris, B. S. (2024). Children and adolescents. In S. Razon & M. L. Sachs (Eds.), *Applied exercise psychology: The challenging journey from motivation to adherence*. New York, NY: Routledge.

Hussey, K., **Blom, L. C.**, Huysmans, Z., Volker, D., Moore, M. A. (2023). Trauma-Informed Youth Sport: Identifying Program Characteristics and Challenges to Advance Practice. *Journal of Youth Development*. Audience Scope: National

Kroot, A., **Blom, L. C.**, Patel, K., Davis, C., Moore, M. A., Mulvihill, T. M. (2023). Basketball Experience: Exploring Nigerian Youth Coaches' Perspectives of Grassroots Sport for Development Programming as a Tool to Enhance Well-Being. *International Journal of Sport Science & Coaching*, 1-11.

Ballesteros, J., Capielo, C., **Blom, L. C.**, Buckman, L., & Kroot, A. (2022). Block and Tackle or Interfere: Student-Athletes' Identities and Well-Being. *Journal for the Study of Sports and Athletes in Education*, <https://doi.org/10.1080/19357397.2022.2060704>.

Blom, L. C., Hilliard, R. C., Gerstein, L. H., Judge, L., Vasiloff, O., Ballesteros, J., & Johnson, J. E. (2022). Tajik coaches' experiences in a sport for development program using systems theory: A longitudinal investigation. *Managing Sport and Leisure*. DOI: 10.1080/23750472.2021.2020676

Kanan, A. S., **Blom, L. C.**, Gerstein, L. H., Hankemeier, D., Shurigar, B., Ciosek, S. J., & Kroot, A. (2022). A follow-up qualitative study: The lived experiences & perceptions of SDP trained youth sport coaches and teachers from Jordan and Tajikistan with using sports to foster a culture for peace. *Journal of Sport for Development*, 10(1), 40 – 54.

Harvey, S., Gano-Overway, L. A., Baghurst, T., **Blom, L. C.**, & Eisenmann, J. (2022). 50 Million Strong™: The Contribution of Sports Coaching, *Research Quarterly for Exercise and Sport*, doi: 10.1080/02701367.2021.1976715

Turick, R., Feller, R., & **Blom, L.** (2021). Welcome to America! How can athletic departments better assist international student-athletes with their transition into the American university setting? *Journal of Emerging Sport Studies*, 4.

Gerstein, L. H., **Blom, L. C.**, Banerjee, A., Farello, A., & Crabb, L. (2021). Sport for social change: An action-oriented peace education curriculum. *Peace and Conflict: Journal of Peace Psychology*, 27(2), 160–169.
<https://doi.org/10.1037/pac0000518>

Moore, M., **Blom, L. C.**, Califano, K., Hussey, K., Farello, A., Vasiloff, O., & Gabler, T. (2021). Redesigning a youth soccer program: Holistic development of athletes. *Child and Adolescent Social Work Journal*, 38, 409-421.
<https://doi.org/10.1007/s10560-021-00770-z>

Blom, L. C., Bronk, K. C., Sullivan, M., McConchie, J., Ballesteros, J. & Farello, A. (2020). Peace and development indicators in Liberia youth through Sport for Development. *Peace and Conflict: Journal of Peace Psychology*.
doi.org/10.1037/pac0000463

Farello, A., **Blom, L. C.**, Mulvihill, T., & Erickson, J. (2019). Understanding female youth refugees' experiences in sport and physical education through the self-determination theory. *Journal of Sport for Development*, 7(13), 55- 72.

Blom, L.C., Magat, P., & Dichter, H. L. (2019). Grassroots diplomacy through coach education: Americans, Jordanians and Tajiks. *Soccer & Society*. doi.org/10.1080/14660970.2019.1689125

Harris, B. S., **Blom, L. C.**, & Visek, A. J. (2018). Key Considerations to Applied Services with Young Athletes. In C. J. Knight, C. Harwood, & D. Gould (Eds.). *Sport Psychology for Young Athletes* (Chapter 21). New York, NY: Routledge.

Blom, L.C., Judge, L., Whitley, M. A., Gerstein, L., Huffman, A., & Hillyer, S. (2015). Sport for development and peace: Experiences conducting domestic and international programs. *Journal of Sport Psychology in Action*, 6(1), 1-16.

Blom, L. C., Gerstein, L., Stedman, K., Judge, L. W., Sink, A., & Pierce, D. (2015). Soccer for Peace: Evaluation of In-Country Workshops with Jordanian Coaches. *Journal of Sport for Development*, 3(4), 1- 12.

Blom, L. C., *Van Zee, A., *Hilliard, R. C., & Judge, L. W. (2014). Sport for Development and Peace: Knowledge of and Application by Youth Sport Directors. *International Journal of Sport Studies*, 4(11), 1349-1358.

Select Funded Grants

Muncie Community Schools Conflict Prevention and Resolution Skills Training Program
for Support Staff

May 2023 — May 2024

- Agency: Muncie Community School Corporation
- Funded Amount: \$22,262
- PI: Lawrence Gerstein
- Co-PI: Lindsey C. Blom, Lauren Shaffer, Kiesha Warren-Gordan

Positive Youth Development and Character Formation in the Liberian
Context

May 2021 — June 2023

- Agency: L.A.C.E.S. (The World Charity Foundation)
- Funded Amount: \$39,087
- PI: Lindsey C. Blom

Redefining a Youth Soccer Club: A Positive Youth Development Program

April 2019 — December 2021

- Agency: U.S. Soccer Foundation Subaward from Zionsville Youth Soccer Association
- Funded Amount: \$35,321
- PI: Lindsey C. Blom

Leadership through Sports Program for Jammu and Kashmir (India)

September 2018 — July 2019

- Agency: Department of State, U.S. Embassy Delhi,
- Funded Amount: \$70,000
- PI: Lindsey C. Blom

- Agency: U.S. Department of State Bureau of Education and Cultural Affairs, SportsUnited
- Funded Amount: \$223,637
- PI: Lindsey C. Blom

Soccer for Peace and Understanding in Jordan 2013

Sept. 2011 — Oct.

- Agency: U.S. Department of State Bureau of Education and Cultural Affairs, SportsUnited
- Funded Amount: \$212,738
- PI: Lindsey C. Blom

Select Refereed Presentations

Hansell, A., Voelker, D., **Blom, L. C.**, España-Pérez, S., Watson, J., Luzynski, C., Dieffenbach, O., Pattson, A., (October 2023). "Short-Term International Sport for Development and Peace Programs: A Retrospective Analysis and Critique Informed by Stakeholders' Perspectives in a Two-Year Follow-Up", Association for Applied Sport Psychology conference.

Blom, L. C., (October 2023). "5 in 5: Exercise Psychology & Wellness: International research perspectives on exercise, physical activity, and sport for youth development", Association for Applied Sport Psychology conference.

Kroot, A., **Blom, L. C.**, Dombin, C., Patel, K., Davis, C., (October 2023). "Investigating Nigerian Basketball Coaches' Perceived Personal and Professional Growth Through a Sport for Development Program", Association for Applied Sport Psychology conference.

Ausmus, J., **Blom, L. C.**, Lebeau, J.-C., Bowman, S. L., (October 2023). "The Relationship Between Social Media and Disordered Eating in College-Aged Female Gymnasts", Association for Applied Sport Psychology, Orlando, FL,

Swartz, H., **Blom, L. C.**, Walker, S. E., Judge, L. W., (October 2023). "Athletes' Perception of their Coaches' Behavior at Christian and Secular Institutions", Association for Applied Sport Psychology, Orlando, FL.

Huffman, O., Patel, K., Martin, K., **Blom, L. C.**, Lebeau, J.-C., Judge, L. W., (August, 2023). "Female Student-Athletes College Transitions: Evolution of Identities and Coping Resources used", American Psychological Association convention, Virtual,

Mohn, C., Myers, K. E., Huffman, O. R., & **Blom, L. C.** (April 2022). Futsal for Positive Youth Development: A Guide for Implementation. Oral presentation at the Social Justice through Sport and Exercise Psychology Virtual Conference.

Blom, L. C. (April 2021). Sport for Development and Peace Programs in Jordan and Tajikistan: Connecting with the UN Sustainable Development Goals", Cohen Peace Conference, Center for Peace and Conflict Studies, Virtual.

Massey, W., **Blom, L. C.**, Fishers, L., Lee, S., Sappington, R., Carter, L. (October 2019). Navigating Sport Psychology Research Agendas Centered on Equity, Inclusion, and Social Justice. Presented at the Association for Applied Sport Psychology conference, Portland, OR

Blom, L. C., Whitley, M., Forber-Pratt, A., Gerstein, L. H., Judge, L. W., *Farello, A.. (October 2019). Leadership through Sport in Jammu and Kashmir, India: Conflict Prevention and Sport Inclusion Coach Training. Presented at the Association for Applied Sport Psychology conference, Portland, OR.

Blom, L. C., Hilliard, R., Gerstein, L., Judge, L., Ballesteros, J., & Johnson, J. (July 2019). *A Longitudinal Mixed-Methods Investigation of Tajik Coaches' Experiences in a Sport for Development Exchange Training Program*. Presented at the European Congress of Sport & Exercise Psychology, Münster, Germany.

Blom, L. C., Farello, A., Sullivan, M., Ballesteros, J. (October 2018). Positive Peace Indicators in Liberia Youth: Effectiveness of Sport for Development Programming. Association of Applied Sport Psychology conference, Toronto, Canada.

Darnell, S. C., Whitley, M. A., Camiré, M., Massey, W. V., **Blom, L. C.**, Chawansky, M., & Forde, S. (November 2017). *A Systematic Review of Sport for Development and Peace: Social and Policy Implications*. Presented at the North American Society for the Sociology of Sport, Windsor, Ontario.

Blom, L.C., Gerstein, L., Judge, L., Whitley, M., & Hilliard, R. (May 2017). Designing, Implementing, and Evaluating Coaching Education with Youth Coaches in Developing Countries. Presented at the National Coaching Conference, Atlanta, GA.

Select Professional Service

Member of the Sports Medicine Advisory Committee, National Federation of High School Associations	June 2022 — Present
Board of Directors, Dream Sports Africa	January 2016 — Present
Advisory Board member, Center for Peace and Conflict Studies Board, Ball State University	August 2011 — Present
Editorial Board Member, Journal of Applied Sport Psychology	January 2018 — October 2024
President, Association for Applied Sport Psychology	October 2020 — October 2023
Mental Health First Aid Facilitator, Ball State University	May 2020 — May 2023
Search Committee Member, Director of Athletics, Ball State University	November 2022 — February 2023
New Faculty Academy Facilitator, Ball State University	January 2017 — August 2021
Diversity Associates Member, Office of Inclusive Excellence, Ball State University	August 2019 — June 2020
Search Committee Member, Director of Athletics, Ball State University	January 2018 — March 2018
Committee member, Advisory Council member to Associate Provost of Research	September 2013 — June 2017
Committee Member, University Graduate Education Committee, Ball State University	August 2010 — August 2016