# welcone lo... MSEPS 2023

The Midwest Sport and Exercise Psychology Symposium (MSEPS) is an annual student-run, regional conference. Since the initial conference in 1991, MSEPS has showcased undergraduate and graduate student work in the field. The symposium provides unique opportunities for networking, critical feedback, and enriching discussion. The Midwest region hosts several universities that have been instrumental in contributing to the professional development of students and faculty.

We hope your time this weekend is filled with learning and networking opportunities. Thank you for your contribution to research and student development.

## **SPORT PSYCHOLOGY &**

Here at Ball State, we highlight the advantage of teaming up with other professionals to extend the realm of sport, exercise, and performance psychology. Thus, the theme for MSEPS 2023 is: "Sport Psychology & \_\_\_\_\_\_". The blank is up to you to fill in; however you feel SEPP may be beneficial or whatever road it may lead you down. It could be "SEPP & social justice", "SEPP & counseling", "SEPP & business", or what you think may entail teamwork in the realm of SEPP. We hope to expand the knowledge of this field beyond just that of the athletic setting, so we are excited to introduce this theme to you and hear which direction you see the field headed in next!





Wireless Network: HCC-COC Public Network Key: Horizon#HCC!

3:00 pm Check-in Opens

4:00-4:30pm Opening Remarks- Dr. Dean Scott Rutledge

4:30-5:00pm Poster Session A

5:15-5:45pm Poster Session B

6:00-7:00pm Keynote- Dr. Jen Schumacher

7:00-8:00pm Dinner

8:00-10:00pm Student Social

MSEPS2023@bsu.edu









8:00-9:00am Mindfulness Session

8:00-9:30am Breakfast

8:30-9:30am Faculty Meeting

9:30-10:30am 5-for-5 Presentations

10:45-11:45am Student Presentations

11:45-1:10pm Round Tables/Lunch

1:10-2:10pm Student Presentations

2:15-3:15pm Student Presentations

3:20pm Closing Remarks







### Friday February 17<sup>th</sup>, 2023

## 3:00PM Check-In Opens

**4:00-4:30PM Welcome** –Dr. Scott Rutledge, Dean, College of Health & Dr. Jean Charles Lebeau, Assistant Professor in Sport and Exercise Psych

**4:30-5:00PM Poster Session A** – Hallway

Presenter	Title
Jaxson Judkins	"Sink or Swim": Strengthening the Sport Psychology Consultant and Coach
West Virginia University	Relationship
Olivia Huffman	Female Student-Athletes' College Transitions: Evolution of Identities And
Ball State University	Resources Used
Kayla Wolma, Jesse Cooke, &	Association of COVID-19 Concern, Psychological Well-Being, and Sport
Olufemi A. Oluyedun	Commitment
Hope College	
Khushbu Patel	Exploring Trauma Informed Practices Implemented by Youth Sport Coaches
Ball State University	
Adam Martin	Effects of a Ketogenic Diet Intervention on Affective Valence: A Case Study
Wayne State University	
Emily Cooper	Exploring Peer-Mentoring from the Perspective of Past Peer Mentors
West Virginia University	
Justin Falwell	Exploring the Meaning and Experiences of Tilt in Esports
Illinois State University	
Will Hack	Retrospective Study: Perspectives of Division One University Student-
Miami University	Athletes on their Intrinsic Motivation and Future Aspirations throughout the
	Pandemic of 2020
Paige Eno & Nick Elliot	Summer Coaches School 2022: An Evaluation of Knowledge, Skills, and
Michigan State University	Affective Outcomes in Youth Sport Coaches
Alec Kowalski	Temporal Analysis of Former High School Athletes' Perceptions of Fitness as
Hope College	They Enter College
Kate Maimone	The Development & Transfer of Life Skills of the Manchester Police Athletic
University of New Hampshire	League
Tom Singhgolden	Phenomenological Study into the Role of Self-efficacy in Minority Student-
Missouri State University	Athletes' Sport Performance

5:15-5:45PM Poster Session B – Hallway

Presenter	Title
Kendra Bullard, Logan Gallaher,	Working with Injured Athletes: Structures and Processes
Dominique Martinez, & John	
Coumbe-Lilley	
University of Illinois at Chicago	
Shane Thomson	A Proposal to Investigate the Order of Instructions on Attentional Focus and
University of Tennessee	Motor Performance
Mikayla Roman	Examination of Athletic Identity, Perfectionism, and Sport Commitment among
Hope College	Collegiate Athletes
Jordyn King	Athletic Identity and Life After College Sports
Northern Illinois University	
Melvin Sangalang	Life After Sports: Developing a Program for Student-Athlete Career
Illinois State University	Transitions
Nabilah Alhelali	Introducing Photo Elicitation to Assess Adolescent Girls' Experiences in a
University of Kansas	Positive Youth Development Program

Riley Breider, Brennah Bronk,	Perceived Burnout of NCAA DIII Student-Athletes and Non-Student-Athletes
Kristine Kovack-Lesh, &	
Alexander G. Bianco	
Ripon College	
Andrew Strick	Standing Long Jump Performance is Negatively Affected by an Internal Focus of
University of Tennessee	Attention
Travis Morales	Supporting Severely Injured Male Athlete Emotional Rehab
University of Illinois Chicago	
Sophia K. Rosiek	Temporal Qualitative Analysis of Former High School Athletes' Exercise
Hope College	Satisfaction during their Freshman Year of College
Jaelyn Bean	Youth Athletes' Perceptions of Mental Performance
Miami University	
Ana Amaya	Disordered Eating in Women's Figure Skating: The Role of Coach-Skater
Northern Illinois University	Relationship
Congtian Xu	The Influence of the Perceived Motivational Climate on Athletes' Emotional
University of Kansas	Regulation and Relationships with Teammates and Coaches

**6:00-7:00 Keynote Speaker** – Dr. Jen Schumacher (CMPC, Mental Performance Consultant for Football)

7:00-8:00 - Dinner

8:00-10:00 - Student Social

### Saturday February 18th, 2023

**8:00-9:00 Mindfulness Session** – Room 126

8:00-9:30 Breakfast – Lobby Area

**8:30-9:30 Faculty Meeting** – Room 128

#### 9:30-10:30 5-for-5 Presentations – Assembly Hall A/B

Brooklyn Barnes	An Exploration of the Dual-Career Transition of High School Student-Athlete
University of Tennessee	to College Student
Graysen Jennings	Boys of the Summer
University of Kentucky	
Kayla Myers	The Impact of Biosound Technology on Mental Recovery in Student Athletes
Ball State University	and Reserve Officer's Training Corps (ROTC)
Shelby Miller	Combining Sport Psychology and Motor Behavior for Evidence-Based
The University of Tennessee	Practice to Optimize Mental and Physical Performance
Isabella Johnson	Navigating the Intersection Between Sports Medicine and Sport Psychology:
University of Kentucky	A Student's Experience
Sydney Mack, Quadrian Banks,	Reach and Teach: How Online Webinars Can Educate and Train Youth Sport
Dr. Samantha Bates, & Dr. Dawn	Coaches
Anderson-Butcher	
The Ohio State University	
Rachel Williams	Former High-School Athletes' Awareness of Life Skill Transfer to Life in
University of Tennessee	College
Niondina M. Nyström	Exploring Anterior Cruciate Ligament Tears and Athletic Identity as
Eastern Illinois University	Predictors of Disordered Eating Behaviors in Female Collegiate Soccer
	Players

## 10:45-11:45 Student Presentations

Assembly Hall A/B	
DJ McDowell	The Unwritten Rules of Sport and Sense of Belonging in Adolescent Athletes
Michigan State University	
Matt Crawford	An Intervention to Investigate the Effect of Sport Climate on Performance in
University of Kansas	Baseball
Dr. Joseph F. Stanley, Jr.	Understanding How Collegiate Athletes Manage Their Thoughts and Emotions
COMMIT-TO-ACTION LLC	During Peak Performance

Room 126	
Taiylor Sharp	A Retrospective View of Mentors' Experience Volunteering in Strong Girls
University of Kansas	
Kyleen Wilson	Effectiveness of Biosound Therapy on Injured Athletes' Psychological Wellbeing
Ball State University	
Ashley Flemington	Understanding the Structure of Shared Athlete Leadership and its Influence on
University of Windsor	Team Outcomes

Room 128	
Amanda Hinds	Big Ten Mental Health Scorecard
University of Illinois Chicago	
Suzanne Vogler	A Scalable Health Intervention with Midlife Adults to Improve Sleep and
West Virginia University	Physical Activity: A Feasibility Trial
Hunter Ramirez	Esports Athletes' Perceptions of Their Team Climate, Coping Skills, and
University of Kansas	Performance

## 11:45-1:10 Round Tables/Lunch

Assembly Hall A/B	
Vikky Krane	Sport Psychology & Social Justice
Bowling Green State University	
Haven Fields	Sport Psychology & Collegiate Athletics/Admin
Ball State University	
Jerry Reynolds	Sport Psychology & Social Work
Ball State University	
Chelsea Wooding	Sport Psychology & High Performers
North Park University	
Sarah Shue	Sport Psychology & Military
Roudebush VA Medical Center	
Brian Tremml	Sport Psychology & Counseling
Cabin Counseling & Resource	
Center	
Allison Blake	Sport Psychology & Counseling
Ball State University	
Adam Kuban	Sport Psychology & Journalism
Ball State University	
Staci Manella	Sport Psychology & Disability
Ball State University	

Room 128	
Brian Miles (virtual)	Sport Psychology & Pro Sport
Cleveland Guardians	

Assembly Hall A/B	
Samantha D'Agostino	The Relationship between Imagery Use, Sport Confidence, and Psychological
University of Windsor	Resilience: A Study Proposal
Jake Chamberlin	High School Athletes' Development of Life Skills in Sport and Transfer to
University of Kansas	Other Life Domains
Adam Ibrahim	Exploring Incongruency Between Subjective and Wearable-Derived Readiness
University of Tennessee	States
Room 126	
Kaylee Palomino	Examining the Effects of a Mindfulness-Based Intervention on the Mental
University of Kentucky	Health and Athletic Performance of NCAA Division-I Student-Athletes: A Proposed Study
Erin Frohlich	Perceptions of Mental Skills Training and the Promotion of Athlete Mental
Miami University	Health by Certified Mental Performance Consultants
Majoro Khale	Sport Psychology and Olympic Values Education
University of Kansas	
Room 128	
Morgan Findley	Team Culture of STUNT Athletes and its Impact on Body Image
University of Kentucky	
Eshe Mance- Porter	The Impact of Identity Foreclosure on Career Transition in college athletes
University of Illinois - Chicago	
Charlotte Mohn	How to Navigate Challenging Clients? Perspectives from a Mental Performance
Ball State University	Consultant in Training
2:15-3:15 Student Presentation	ns
Assembly Hall A/B	
Fatemeh Dehghan	The Influence of Yoga on Anxiety, Depression, and Quality of Life in Iranian

Assembly Hall A/B	
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Wayne State University	Female Students
Lauren Chapman	The Moderating Role of Social Comparison on the Relationship Between
Miami University	Strava Use and Well-being
Kaylie Kappelmann	Cardinal Wellness: An Example of a Free Exercise and Nutrition Community-
Ball State University	Based Program

Room 126	
Shantaris Brown	The Experiences of Black Women in Leadership Roles in Sport
Bowling Green State University	
Grace Louis	Assessing the Mental Health Plans and Programs of Mid-Major Level College
Northern Illinois University	Athletic Departments

Room 128	
Connor Gavigan	Exploring the Relationship between Self-Efficacy Theory and Coaching
University of Kentucky	Competencies
Lilla Kisvari Illinois State University	Examining Longitudinal Changes in Athletic Identity in Collegiate Student-Athletes
Gwyneth Burns  Bowling Green State University	An Investigation of Policies Affecting Transgender Youth Athletes

# THANK YOU

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# IN-KIND SPONSORS







Thank you!

Ball State SEP students, faculty, & admin for your work.

A special thanks to our committee heads!

Programming- Charlotte Mohn & Allyssa Edwards

Marketing- Olivia Huffman

Finance- Chelsea Davis

Planning- Khushbu Patel





# Rose about... BALL STATE & SCHOOL OF KINESIOLOGY

At Ball State University, we learn, grow, and take flight. Faculty, staff, and students are motivated to challenge each other in education, research, and creative endeavors that empower graduates to have fulfilling careers and meaningful lives enriched by lifelong learning and service. With Beneficence as our guide—We Fly. In the School of Kinesiology, we are committed to delivering an exceptional educational experience at both the undergraduate and graduate levels, while also furthering the respective disciplines through scholarly activity. With our practical and immersive focus, we strive to serve the university, the profession, and the community.

# MASTERS IN SPORT & EXERCISE PSYCHOLOGY

The master's program in sport and exercise psychology is designed to offer students a well-rounded educational experience in a collaborative, mastery-oriented atmosphere. The program focuses on preparing students to be skilled researchers and practitioners. Students are offered academic and applied experiences in order to be competitive doctoral program applicants and work towards becoming a certified mental performance consultant (CMPC). In addition, the program has created partnerships with the Counseling Psychology and Psychological Sciences departments allowing students to apply to a major or minor in clinical mental health counseling or social psychology. The master's program in counseling is a flexible, challenging program that prepares you to become a counseling professional dedicated to helping people and making the world a better and more just place.

For more information about the program, please contact Dr. Jean-Charles Lebeau (jlebeau@bsu.edu) or Dr. Lindsey Blom (lcblom@bsu.edu).

