

# welcome to....

# 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.

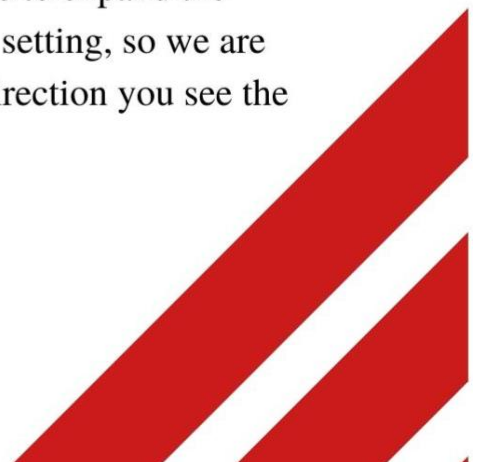
## SPORT PSYCHOLOGY & \_\_\_\_\_


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!



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MSEPS 2023  
02.17.2023  
**FRIDAY  
SCHEDULE**

**THE HORIZON CONVENTION CENTER**

401 S High St, Muncie, IN 47305  
Wireless Network: HCC-COC Public  
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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


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MSEPS 2023

02.18.2023

# SATURDAY SCHEDULE

**THE ALUMNI CENTER**

2800 W Bethel Ave, Muncie, IN 47304

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

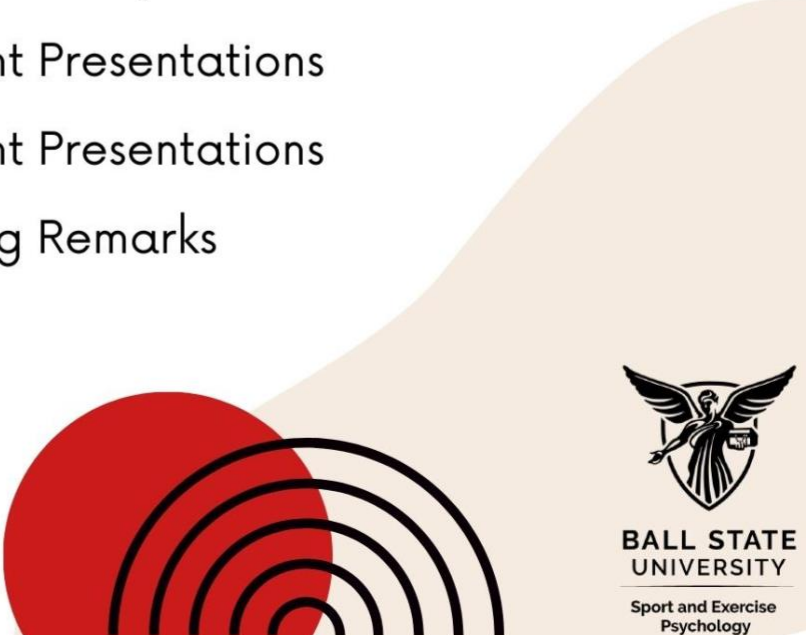
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**Friday February 17<sup>th</sup>, 2023**

**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**

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

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

<b>Presenter</b>	<b>Title</b>
Kendra Bullard, Logan Gallaher, Dominique Martinez, & John Coumbe-Lilley <i>University of Illinois at Chicago</i>	Working With Injured Athletes: Structures and Processes
Shane Thomson <i>University of Tennessee</i>	A proposal to investigate the order of instructions on attentional focus and motor performance
Mikayla Roman <i>Hope College</i>	Examination of athletic identity, perfectionism, and sport commitment among collegiate athletes
Jordyn King <i>Northern Illinois University</i>	Athletic Identity and Life After College Sports
Melvin Sangalang <i>Illinois State University</i>	Life After Sports: Developing a Program for Student-Athlete Career Transitions
Nabilah Alhelali <i>University of Kansas</i>	Introducing Photo Elicitation to Assess Adolescent Girls' Experiences in a Positive Youth Development Program

Riley Breider, Brennah Bronk, Kristine Kovack-Lesh, & Alexander G. Bianco <i>Ripon College</i>	Perceived Burnout of NCAA DIII Student-athletes and non-student-athletes
Andrew Strick <i>University of Tennessee</i>	Standing long jump performance is negatively affected by an internal focus of attention
Travis Morales <i>University of Illinois Chicago</i>	Supporting Severely Injured Male Athlete Emotional Rehab
Sophia K. Rosiek <i>Hope College</i>	Temporal qualitative analysis of former high school athletes' exercise satisfaction during their freshman year of college
Jaelyn Bean <i>Miami University</i>	Youth Athletes' Perceptions of Mental Performance
Ana Amaya <i>Northern Illinois University</i>	Disordered Eating in Women's Figure Skating: The Role of Coach-Skater Relationship
Congtian Xu <i>University of Kansas</i>	The Influence of the Perceived Motivational Climate on Athletes' Emotional 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 18<sup>th</sup>, 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 <i>University of Tennessee</i>	An Exploration of the Dual-Career Transition of High School Student-Athlete to College Student
Graysen Jennings <i>University of Kentucky</i>	Boys of the Summer
Kayla Myers <i>Ball State University</i>	The Impact of Biosound Technology on Mental Recovery in Student Athletes and Reserve Officer's Training Corps (ROTC)
Shelby Miller <i>The University of Tennessee</i>	Combining Sport Psychology and Motor Behavior for Evidence-Based Practice to Optimize Mental and Physical Performance
Isabella Johnson <i>University of Kentucky</i>	Navigating the Intersection Between Sports Medicine and Sport Psychology: A Student's Experience
Sydney Mack, Quadrian Banks, Dr. Samantha Bates, & Dr. Dawn Anderson-Butcher <i>The Ohio State University</i>	Reach and Teach: How Online Webinars Can Educate and Train Youth Sport Coaches
Rachel Williams <i>University of Tennessee</i>	Former High-School Athletes' Awareness of Life Skill Transfer to Life in College
Megan Knuettel <i>University of New Hampshire</i>	Who Collegiate Student-Athletes are Comfortable Speaking to About Mental Health
Niondina M. Nyström <i>Eastern Illinois University</i>	Exploring Anterior Cruciate Ligament Tears and Athletic Identity as Predictors of Disordered Eating Behaviors in Female Collegiate Soccer Players

**10:45-11:45 Student Presentations**

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

<b>Room 126</b>	
Taylor Sharp <i>University of Kansas</i>	A Retrospective View of Mentors' Experience Volunteering in Strong Girls
Kyleen Wilson <i>Ball State University</i>	Effectiveness of Biosound therapy on injured athletes' psychological wellbeing
Ashley Flemington <i>University of Windsor</i>	Understanding the structure of shared athlete leadership and its influence on team outcomes

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

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

<b>Assembly Hall A/B</b>	
Vikky Krane <i>Bowling Green State University</i>	sport psychology & social justice
Haven Fields <i>Ball State University</i>	sport psychology & collegiate athletics/admin
Jerry Reynolds <i>Ball State University</i>	sport psychology & social work
Chelsea Wooding <i>North Park University</i>	sport psychology & high performers
Sarah Shue <i>Roudebush VA Medical Center</i>	sport psychology & military
Brian Tremml <i>Cabin Counseling &amp; Resource Center</i>	sport psychology & counseling
Allison Blake <i>Ball State University</i>	sport psychology & counseling
Adam Kuban <i>Ball State University</i>	sport psychology & journalism
Staci Manella <i>Ball State University</i>	sport psychology & disability

<b>Room 128</b>	
Brian Miles ( <i>virtual</i> ) <i>Cleveland Guardians</i>	sport psychology & pro sport

### 1:10-2:10 Student Presentations

<b>Assembly Hall A/B</b>	
Samantha D'Agostino <i>University of Windsor</i>	The relationship between imagery use, sport confidence, and psychological resilience: A study proposal
Jake Chamberlin <i>University of Kansas</i>	High School Athletes' Development of Life Skills in Sport and Transfer to Other Life Domains
Adam Ibrahim <i>University of Tennessee</i>	Exploring Incongruency Between Subjective and Wearable-Derived Readiness States

<b>Room 126</b>	
Kaylee Palomino <i>University of Kentucky</i>	Examining the Effects of a Mindfulness-Based Intervention on the Mental Health and Athletic Performance of NCAA Division-I Student-Athletes: A Proposed Study
Erin Frohlich <i>Miami University</i>	Perceptions of Mental Skills Training and the Promotion of Athlete Mental Health by Certified Mental Performance Consultants
Majoro Khale <i>University of Kansas</i>	Sport Psychology and Olympic Values Education

<b>Room 128</b>	
Morgan Findley <i>University of Kentucky</i>	Team Culture of STUNT Athletes and its Impact on Body Image
Eshe Mance- Porter <i>University of Illinois - Chicago</i>	The Impact of Identity Foreclosure on Career Transition in college athletes
Charlotte Mohn <i>Ball State University</i>	How to Navigate Challenging Clients? Perspectives from a Mental Performance Consultant in Training

### 2:15-3:15 Student Presentations

<b>Assembly Hall A/B</b>	
Fatemeh Dehghan <i>Wayne State University</i>	The Influence of Yoga on Anxiety, Depression, and Quality of Life in Iranian Female Students
Lauren Chapman <i>Miami University</i>	The Moderating Role of Social Comparison on the Relationship Between Strava Use and Well-being
Kaylie Kappelmann <i>Ball State University</i>	Cardinal Wellness: An Example of a Free Exercise and Nutrition Community-Based Program

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

<b>Room 128</b>	
Connor Gavigan <i>University of Kentucky</i>	Exploring the relationship between self-efficacy theory and coaching competencies
Lilla Kisvari <i>Illinois State University</i>	Examining longitudinal changes in athletic identity in collegiate student-athletes
Gwyneth Burns <i>Bowling Green State University</i>	An Investigation of Policies Affecting Transgender Youth Athletes

**3:20 Closing Remarks-** Dr. Lindsey Blom, Chairperson of School of Kinesiology

# THANK YOU

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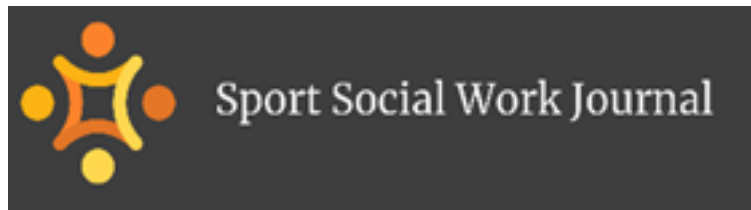
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# Thank you!

**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



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*More 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 (lcbloom@bsu.edu).



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