

# MIDWEST SPORT AND EXERCISE PSYCHOLOGY SYMPOSIUM:

*AN AASP REGIONAL  
CONFERENCE*



## 30TH ANNUAL

ILLINOIS STATE UNIVERSITY

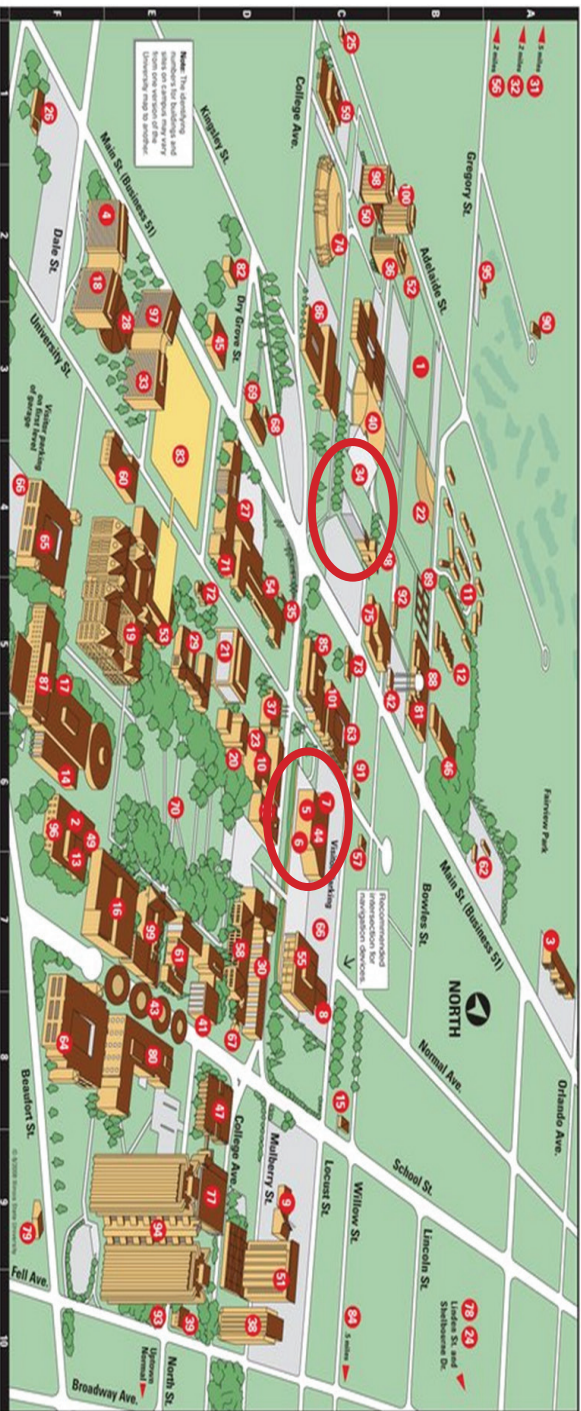
FEBRUARY 21-22, 2020





# ILLINOIS STATE UNIVERSITY

*Illinois' First Public University*



1. Athletics Soccer Field B3
2. Allen Theater B4
3. Alumni Center A7
4. Allen Hall E2
5. Bowen Auditorium C6
6. Bowen Auditorium C6
7. Bowen Auditorium C6
8. Bowen Auditorium C6
9. Campus Religious Center D9
10. Capen Auditorium D6
11. Cardinal Center B5
12. Cardinal Center B5
13. Centennial East F7
14. Centennial West F6
15. Center for the Performing Arts C8
16. Center for the Visual Arts F5

20. Cook Hall D6
21. DeGarmo Hall D5
22. Dairy Bass Field B4
23. DeGarmo Hall D5
24. Energy House B10
25. Eyestone School Museum C1
26. Fanchard Hall D4
27. Fanchard Hall D4
28. Feeney Dining Center E3
29. Fein Hall E3
30. Fein Hall E3
31. Gregory Street Property A1
32. Gregory Street Property A1
33. Hancock Stadium C4
34. Hancock Stadium C4
35. Hayden Auditorium D5
37. Heating Plant D3
38. Hewett Hall D10
39. Honors Program E10
40. Honors Program E10
41. Hovery Hall D8
42. Huddellon Building B5
43. Huddellon Building B5
44. InSci-Centre C6
45. InSci-Centre C6

48. Kaufman Football Building C4
49. Kemp Rector Hall F6
50. Linkins Dining Center C2
51. Linkins Dining Center C2
52. Maurin Kneer Sorbhal Stadium B2
53. McCormick Hall E5
54. Mineral Library C7
55. Mineral Library C7
56. Motorcycle Driving Range A1
57. Motorcycle Driving Range A1
58. Nelson Smith Building C1
59. Nelson Smith Building C1
60. Office of Residential Life Building E4
61. Office of Residential Life Building E4
62. Parking and Transportation Building Bill Walker B7
63. Parking Garage North University Street C6
65. Parking Garage South University Street F4
66. Parking Visitor C7 and F4
67. Planetarium D8
68. Planetarium D8
69. Professional Development Annex D3
70. Quaid E6
71. Quaid E6
72. Rambo House D4
73. Recreation Services Building C5

76. Schroeder Hall D6
77. Science Laboratory Building D9
78. Shenbourne Apartments B10
79. Shenbourne Apartments B10
80. Stevenson Hall E8
81. Stroud Auditorium B6
82. Stroud Auditorium B6
83. Student Recreation Building C10
84. Student Recreation Building C10
85. Student Recreation Building C10
86. Turner Hall C3
87. Turner Hall C3
88. University Gallery F5
89. University Gallery F5
90. University High School Tennis Courts B5
91. Wirtz Center C6
92. Wirtz Center C6
93. Waterson Dining Center E10
94. Waterson Dining Center E10
95. Waterson Dining Center E10
96. Weishoff Theater F6
97. Weishoff Theater F6
98. Williams Hall E3
99. Williams Hall E3
100. Wright Hall B2

## OPENING REMARKS

On behalf of faculty and students in the School of Kinesiology and Recreation, we would like to welcome you to Illinois State University for the 30th Annual Midwest Sport and Exercise Psychology Symposium. We are looking forward to hosting an intellectually stimulating weekend in which you will be able to connect and share ideas with colleagues old and new.

We are pleased to welcome presenters from 19 academic institutions across the Midwest region, including: Adler University, Ball State University, Bowling Green State University, Illinois State University, Indiana University Kokomo, Miami University at Ohio, Michigan State University, Northern Illinois University, Purdue University, Southern Illinois University Edwardsville, The Ohio State University, University of Illinois at Chicago, University of Kansas, University of Kentucky, University of Southern Indiana, University of Tennessee- Knoxville, Wayne State University, West Virginia University, and Wichita State University. We are also excited to welcome several practitioners that work in professional practices from the region. The presentations over the weekend will span topics such as coaching, mental health/psychological well-being, motivation and identity, physical health, sport injuries, sport psychology practice, and youth sport.

The organization of a meeting such as this could not have occurred without the help of a dedicated team, please join me in thanking faculty members Dr. Scott Pierce and Dr. Anthony J Amorose, as well as graduate students Teadora Markovski, Kayla Love, Maddy Havens, Tammy Stauffer, Aaliyah Carter, Kaitlin Mindiola, Ashley Duffin, Veronika Golanova, Steven Dickey, and Liam O'Neil.

Thank you for being part of this conference and we hope you find it to be an enjoyable and engaging weekend.

2020 MSEPS Organizing Committee

# **PREVIOUS MIDWEST SPORT & EXERCISE PSYCHOLOGY SYMPOSIUM LOCATIONS**

<b>2020</b>	<b>Illinois State University</b>
<b>2019</b>	<b>University of Kentucky</b>
<b>2018</b>	<b>Miami University</b>
<b>2017</b>	<b>Wayne State University</b>
<b>2016</b>	<b>University of Illinois at Chicago</b>
<b>2015</b>	<b>Ball State University</b>
<b>2014</b>	<b>Bowling Green State University</b>
<b>2013</b>	<b>Hope College</b>
<b>2012</b>	<b>Michigan State University</b>
<b>2011</b>	<b>Miami University</b>
<b>2010</b>	<b>Ball State University</b>
<b>2009</b>	<b>Bowling Green State University</b>
<b>2008</b>	<b>Human Kinetics Publisher</b>
<b>2007</b>	<b>Purdue University</b>
<b>2006</b>	<b>Miami University</b>
<b>2005</b>	<b>Michigan State University</b>
<b>2004</b>	<b>Ball State University</b>
<b>2003</b>	<b>Bowling Green State University</b>
<b>2002</b>	<b>Western Illinois University</b>
<b>2001</b>	<b>Purdue University</b>
<b>2000</b>	<b>Michigan State University</b>
<b>1999</b>	<b>Miami University</b>
<b>1998</b>	<b>Human Kinetics Publisher</b>
<b>1997</b>	<b>Ball State University</b>
<b>1996</b>	<b>Bowling Green State University</b>
<b>1995</b>	<b>University of Western Ontario</b>

## MEET OUR SPEAKERS



Dawn Anderson-Butcher is a Full Professor in the College of Social Work and Affiliate Faculty in Kinesiology at The Ohio State University, as well as a Licensed Independent Social Worker in the State of Ohio. At Ohio State, Dawn is the Director of the Community and Youth Collaborative Institute, the Executive Director of Teaching/Research of LiFEsports, a nationally recognized sports-based positive youth development initiative ([www.osulifesports.org](http://www.osulifesports.org)). Dawn earned a BA in psychology, a BS in exercise/sport sciences, and a MS in health/sport studies from Miami University, Ohio. She also has a MSW and PhD from the College of Health at the University of Utah. Her primary research interests focus on positive youth development in various social settings, including schools, afterschool programs, and youth sport. Dawn has amassed over 100 publications over the course of her career, and generated over 13 million dollars in funding to support research, teaching, and outreach agendas. She is a Research Fellow in both the Society of Health and Physical Educators and the Society of Social Work Researchers.



An experienced sport and exercise psychology educator and consultant, John has worked in different sports and across different levels in specific sports from youth to Olympic organizations. His core skill is applying “what works” in performance and rehab settings recognizing cultural and contextual factors. John has developed and implemented strategies to enhance coach and athlete performance and recovery in the USA, Canada and Spain. His experience as a national team rugby league player, and national team rugby union coach help him connect, communicate and help his clients progress.



Dan Gould is the Director of the Institute for the Study of Youth Sports at Michigan State University and a Professor in the Department of Kinesiology. He also served on the faculties of the Kansas State University (1982-84), University of Illinois (1984-88) and University of North Carolina Greensboro (1988-2004). During his career Dan has focused equal attention on research, teaching and service activities in applied sport psychology. His current research focuses on youth leadership development, characteristics of Generation Z young athletes, and how coaches teach life skills to young athletes. Dan has over 200 scholarly publications and has been invited to speak on sport psychology topics in over 30 countries.



Jill Kochanek is a 3rd-year doctoral student in the Institute for the Study of Youth Sport (ISYS) at Michigan State University. Her experiences as a student-athlete and high school teacher and soccer coach inspired her to pursue graduate work in youth development through sport. Jill's research and applied work regard how sport leaders can create empowering, inclusive team cultures. Specifically, she examines the place that broader social issues have in sport, with a specific interest in the role that coaching behaviors and coach-athlete interactions play in enabling young athletes to develop self-awareness and social responsibility. She also has a youth sport coaching blog, [bothandcoaching.blog](#), for posts that address related topics.



Vikki Krane is a professor and graduate coordinator in the School of Human Movement, Sport, and Leisure Studies at Bowling Green State University. She also is affiliated with Women's, Gender, and Sexuality Studies and American Culture Studies. Krane's scholarship focuses on sex, gender, and sexuality in sport and her edited book *Sex, Gender, and Sexuality in Sport: Queer Inquiries* was published in 2019. Krane has had a lead role in establishing the Social Justice through Sport and Exercise Psychology Symposium. Additionally, she has been the editor of *The Sport Psychologist* and the *Women in Sport and Physical Activity Journal*. Krane earned her doctorate at the University of North Carolina at Greensboro her master's from the University of Arizona, and her bachelor's from Denison University.



Dr. Sam joined Illinois State University in the Fall of 2016 after completing a Clinical Sport Psychology Post-Doctoral Fellowship at the University of Southern California (USC). She completed her pre-doctoral internship at the University of Connecticut (UConn) and earned her Psy.D. in Clinical and Sport Psychology from the Arizona School of Professional Psychology at Argosy University, Phoenix in 2015. Dr. Sam's primary focus at ISU is working with student-athletes, both individually for clinical and/or sport performance concerns and developing mental skills for performance enhancement in a team format. She uses an integrated approach to clinical services, incorporating psychodynamic, interpersonal, cognitive-behavioral, and dialectical behavioral theories and interventions to address a wide range of presenting concerns facing student-athletes, from depression and anxiety to sport-injury and retirement issues. Sam also has a background in treating substance use and eating concerns. Outside of the office, Dr. Sam spends her time supporting Redbird Athletics with her husband, two daughters, and dog.





As Senior Director, Leadership and Education, Dr. Andrew MacIntosh helps realize RISE's initiatives by supporting the design, delivery and evaluation of curriculum and educational activities for varying audiences and contexts. He has worked in the business sector for over 10 years leading the implementation of organizational development initiatives and developing performance management along with training and development strategies. More recently, due to his keen interest in sport and youth development, Andrew has worked both within the United States as well as internationally helping various organizations to design and implement sport initiatives that build life skills and character. Before RISE, he worked at Michigan State University's Institute for the Study of Youth Sport as a Research and Teaching Assistant. Andrew has also spent time working in Detroit assisting with the development of evaluation systems for youth sport programs and with the design and facilitation of training programs for coaches and mentors. One of Andrew's passions is understanding and enhancing the role that coaches can play as mentors for the youth with whom they engage. Another is the sport of soccer, which he cherishes for the friendships, life lessons, skills and opportunities that it has provided.



Lindsey Miossi is a PhD student at the University of Tennessee – Knoxville specializing in Sport Psychology and Motor Behavior. As a Graduate Teaching Associate, Lindsey teaches the Introduction to Sport Psychology and the Principles of Movement Control and Skill Learning courses. Her research examines emotional abuse within the coach-athlete relationship. Recently, Lindsey earned The Sport Psychologist Young Researcher Award at the 2019 AASP conference. As a Mental Performance Coach, she works year-round with a high school football team, and consults with individual performers in swimming and soccer among other sports.



Matt Powless is an Assistant Professor of Psychology at University of Southern Indiana. His Ph.D. is in Counseling Psychology with a focus area in Sport and Performance Psychology. He has research interests in the areas of tactical decision-making, deliberate practice, and the use of technology to enhance performance. Matt completed his clinical doctoral internship at Illinois State University with focal areas in the Sport Psychology and Eating Disorder rotations. Prior to pursuing his doctorate full-time, Matt served as an Assistant Wrestling Coach for the Indiana University Wrestling team for three years.



Robert Weinberg is a professor in the Kinesiology and Health Department at Miami University -Ohio. He is a Certified Mental Performance Consultant working with athletes of all ages in many sports enhancing performance and psychological well-being. He has authored more than 160 refereed articles in scholarly journals over 50 book chapters 9 books as well as giving over 230 international keynote presentations. Weinberg was voted one of the top 10 sport psychologists in North America by his peers. He is past president of the North American Society for the Psychology of Sport and Physical Activity and the Association for Applied Sport Psychology

# SCHEDULE

Friday, February 21

3:00-5:00 PM

Check-In

## POSTER PRESENTATIONS 1

1. An Examination of Mental Toughness and Physical Activity Behavior Among College Students  
*Daniel Lange, Landon Braun & Benjamin Webb - Southern Illinois University Edwardsville*
2. The Role of Athletic Identity and Psychological Flexibility in Motivation for Return to Sport in Injured NCAA Athletes: A Research Proposal  
*Megan Mottola & Lindsay Ross-Stewart-Southern Illinois University Edwardsville*
3. Creating a self-reflection guide for neophyte sport psychology consultants  
*Parker Hardcastle & Lindsay Ross-Stewart-Southern Illinois University Edwardsville*
4. The Inside Out: Finding the Path to Emotional Recovery After Sport Injury  
*Elizabeth M. Yamat, John E. Coumbe-Lilley, Brittany Benson, Gabe Hall, Andrew Lewarchick, Karla Rodriguez & Kelly Stern- University of Illinois at Chicago*
5. Performance Anxiety in Marching Band Musicians: An Intervention  
*Andrew Olszewski & Shaune Henert- Northern Illinois University*
6. Athletes' attitudes toward the use of cannabis  
*Barrett Kaeb & Shaune Henert- Northern Illinois University*
7. Identity & Emotional Recovery Experiences Following Severe Sport Injury  
*Kelsey Ruffing & John Coumbe-Lilley- Adler University & University of Illinois at Chicago*
8. The Use of Virtual Reality to Enhance Imagery within Pitch Recognition in NCAA Division One Softball  
*Victoria Roberts & Lindsay Ross-Stewart- Southern Illinois University Edwardsville*
9. Physical Therapist Perceptions of Adherence and its Effect on Motivation  
*Teadora Markowski, Scott Pierce & Tony Amorose - Illinois State University*
10. The Perceived Effectiveness of Autonomy-Supportive and Controlling Coaching Styles  
*Kayla Love, Tony Amorose & Scott Pierce- Illinois State University*

4:15-4:30 PM

## POSTER TRANSITION

4:30-5:15 PM

## POSTER PRESENTATIONS 2

1. Sport Coaches Use of Twitter  
*Obdiah Atkinson, Stephen Harvey & Brendan Hyndman- The Ohio State University*
2. The Experience of International Student-Athletes at U.S. Universities: A Phenomenological Study  
*Kayla Hussey- Ball State University*
3. Creating and Studying a Children's Physical Activity and Development Program Partnership with Early Learning Providers  
*Grace Boyd, Paige Jones & Angela M. Coppola- Indiana University Kokomo*
4. Taking LIFEsports to the Community: Initial Program Evaluation Findings  
*Taylor Breeermann, Noelle Brit & Sandy Lee- The Ohio State University*
5. Using Implementation science to Scale-up the EPIC Coach Training  
*Karynn E. Glover & E. Whitney G. Moore- Wayne State University*
6. Examining Collegiate Coaches' Strategies for Employing a Caring and Task-Involving Climate: A Qualitative Study  
*Chelsi Scott- University of Kansas*
7. The moderating effect of self-compassion on the relationship between goal orientation and self-efficacy  
*Arash Assar- Miami University*
8. Employing a Buddy System to Foster Physical Activity Among College Students with a Physical Disability  
*Ramdi C. Gray & Mary Fry- University of Kansas*
9. The Relationship of Students' Perceptions of the Climate in Their Collegiate Physical Activity and Academic Courses to Their Academic Burnout  
*Katy Holder- University of Kansas*
10. Importance of sport/exercise psychology and law enforcement practitioners  
*Vista Beasley & Joel Suss- Wichita State University*
11. Implementing Self-Talk and Thought Reframing to a Beginner-Level Gymnast  
*Alyssa Fuller- Ball State University*

5:15-5:30 PM

Transition Activity

5:30-6:30 PM

Keynote: Rmablings of Two Old Sport Psychology Geezers!

*Daniel Gould- Michigan State University*

*Robert Weinberg- Miami University*

6:30-7:30 PM

Dinner

7:45-8:00 PM

Wrap-up

8:30 PM

Student Social at Pub II

Faculty Social: Location TBD



## ROOM: OLD MAIN

Saturday, February 22

7:30-8:00 AM

Welcome!

8:00-9:00 AM

Physical Health

**Acceptability of a guided imagery smartphone application and customized imagery scripts for overweight and obese pregnant women**

*Neel Rao, Kelsey Kinnaman, Madison Hill, Hannah Staggs & Peter Giacobbi, Jr. - West Virginia University*

**The Effects of Athletic Identity and Coping on Post-Injury Alcohol Use in Intercollegiate**

*Athletes*  
*Alexander Bianco & Robert Weinberg - University of Tennessee - Knoxville*

**The Impact of Concussions on the Rate of Burnout in Collegiate Athletes**

*Kevin Barton & Shaune Henert - Northern Illinois University*

**College Wrestling: The Psychological Impact of Weight Loss**

*Anthony Rosado & Shaune Henert - Northern Illinois University*

9:00-9:15 AM

Break

9:15-10:15 AM

Coaching I

**The relationship between perceived organizational support, organizational climate, resilience and coach burn-out within collegiate athletics**

*Michael Mignano, Daniel Gould, Alan Smith & Andy Driska - Michigan State University*

**Collegiate Athletes' Attitudes Toward Gay Coaches**

*Travis Scheadler, Nimah Bertrand, Abby Snowden & Marc Cormier - University of Kentucky*

**How the Coach-Athlete Relationship Affects High School Basketball Coaches**

*Keith McShan - Wayne State University*

10:15-10:30 AM

Break

10:30-10:45 AM

Panel: Utilizing Sport Psychology to Enact Social Change

*Jill Kochanek - Michigan State University*

*Vikki Krane - Bowling Green State University*

*Dawn Anderson-Butcher - The Ohio State University*

*Andrew MacIntosh - RISE*

## ROOM: CIRCUS

7:30-8:00 AM

Welcome!

8:00-9:00 AM

Youth Sport

**The impact of socioeconomic status on youth sport participation**

*Gaillherme Costa, Meredith Wekesser, Emily Wright & Karl Erickson - Michigan State University*

**Norms and Task Cohesion on Adolescent Sport Teams**

*Danielle McDowell & Alan Smith - Michigan State University*

**A Collaboration between a Sport Psychology Lab with a Youth Sport Organization: Helping**

**WIN Create an Optimal Sport Camp Experience**

*Troy Wineinger & Mary Fry - University of Kansas*

**A Proposed Study: Motivation and Anxiety as Mediators to the Relationship Between Coaching Behaviors and Burnout in Midwestern High School Athletes**

*Sabrina Madson & Robin S. Vealey - Miami University*

9:00-9:15 AM

Break

9:15-10:15 AM

Sport Psychology Practice

**Exploring Clinical Supervision Models to Investigate Best Practices for CMPC Mentorship.**

*Prasecki, P. A., Samp, R., & Fletcher, T. B. - Adler University*

**Reviewing AASP's CMPC course requirements; areas for growth and development.**

*Ari Sapinsley, Ryan Fleming & Teri Shigeno - Adler University*

**Student-to-Student Mentoring in Undergraduate Sport and Exercise Psychology: The Growth and Impact of the Peer Advisor Program at West Virginia University**

*Sam Ausperk, Alex Glover, James McCarty, Joe Wargo & Scott Barnicle - West Virginia University*

**Living in Competition - Journey to the NFL Combine**

*Brittany Williams & Jenn Jacobs - Northern Illinois University*

10:15-10:30 AM

Break

10:30-10:45 AM

Panel: Sport Psychology Consulting: Applying Science to Practice

*Samantha Kurkjian - Illinois State University*

*John Counce-Lilley - University of Illinois at Chicago*

*Lindsay Miossi - University of Tennessee - Knoxville*

*Matt Powlless - University of Southern Indiana*

## ROOM: OLD MAIN

11:45AM-1:00 PM

Lunch

12:30-1:00 PM Faculty Meeting

11:45AM-1:00 PM  
12:00-12:30 PM

Lunch

12:30-1:00 PM Faculty Meeting  
*Magellan Federal/AFSC - Human Performance & Resilience Program*  
Update - Jonathan N. Metzler

## ROOM: CIRCUS

1:00-2:15 PM

Mental Health/Wall-Being

**Mental Health of Student Athletes**

*Brianna Goodrich & Shaïne Henert- Northern Illinois University*

The effects of sports involvement on a woman's recovery from childhood abuse on perceived control over physical and emotional self?

*Margaret DeRemer Danahy & Shaïne Henert- Northern Illinois University*

**The Health and Well-Being Experiences of Adolescent Girls in a Sport-Based Positive Youth Development Program**

*Carlynn M. Kimiecik, Dawn Anderson-Butcher & Samantha Bates- Purdue University*

**Former Female Athletes and Disordered Eating: An Autoethnography**

*Emma Cadow- Bowling Green State University*

**Mindful Approaches to Athletic Performance**

*Brian Tremml- Ball State University*

1:00-2:15 PM

Emotional Recovery Following Sport Injury

**Emotional Recovery Experiences Following Severe Sport Injury**

*John E. Coumbe-Lilley, Brittany Benson, Gabe Hall, Kelly Stern, Karla Rodriguez & Liz Yamat- University of Illinois at Chicago*

**Is the Military Letting Down Female Athletes Following Sport Injury?**

*Brittany Benson, Karla Rodriguez, Kelly Stern, Gabe Hall, Elizabeth Yamat & Dr. John Coumbe-Lilley- University of Illinois at Chicago*

**Social Support and Emotional Recovery for Severe Sport Injury**

*Gabe Hall, Andrew Lewarchick, John E. Coumbe-Lilley, Brittany Benson, Karla J Rodriguez, Kelly Stern & Elizabeth Yamat- University of Illinois at Chicago*

**Emotional Recovery after a Sport-ending Injury: The Impact Years Later**

*Kelly Stern, Karla Rodriguez, Gabe Hall, John Coumbe-Lilley, Andrew Lewarchick, Elizabeth Yamat & Brittany Benson- University of Illinois at Chicago*

**A Path Through Darkness: A Narrative of Emotional Recovery**

*Karla J. Rodriguez, John E. Coumbe-Lilley, Brittany Benson, Gabe Hall, Andrew Lewarchick, Kelly Stern & Elizabeth Yamat- University of Illinois at Chicago*

2:15-2:30 PM

Break

2:15-2:30 PM

Break

2:30-3:15 PM

Motivation/Self-Identity

**Coaching Young Children: Coach-Child Interactions Influencing Child Development**

*Lauren Secaras, Alysha Matthews, Guilherme Costa & Karl Erickson- Michigan State University*

**Examining the Importance and Reasoning Behind Baseball Batters Pre-Bat Routines**

*Olivia A. Vasiloff- Ball State University*

**Minor Hockey Coaches' Perspectives of Punishment**

*Alysha Matthews & Karl Erickson- Michigan State University*

**The Relationship Between Early Sport Participation and Motivational Orientations in College Athletes**

*Jacob Chamberlin, Robin Vealey, Melissa Chase & Thelma Horn- Miami University*

**Does need satisfaction and thwarting mediate the relationship of coach interpersonal behavior with team identification in youth sport?**

*Justin T. Worley & Alan L. Smith- Michigan State University*

3:15-3:30 PM

Closing

3:15-3:30 PM

Closing

## STUDENT RECOMMENDATIONS FOR NORMAL, IL

**Coffee Hound**  
205 W North St

**Fusion Brew**  
503 S Main St

**Emack & Bolio's Ice Cream**  
107 E Beaufort St

**Fort Jesse Café**  
1531 Fort Jesse Rd

**Destihl Restaurant & Brew Works**  
318 Towanda Ave

**Insomnia Cookies**  
117 E Beaufort St

**Coffeehouse & Deli**  
114 E Beaufort St

**D.P. Dough**  
121 E Beaufort St

**Keg Grove Brewing Company**  
712 E Empire St

**Portillo's**  
202 Landmark Dr

**Medici**  
120 W North St

**Stave Wine Bar**  
111 W North St

**Maggie Miley's**  
126 E Beaufort St

**The Rock Resturant**  
203 W North St

The School of Kinesiology and Recreation is housed within the College of Applied Science and Technology (CAST) at Illinois State University and is recognized for its excellence in teaching, innovative research and scholarship, and collaborative partnerships and civic engagement. The School of Kinesiology and Recreation is home to eight dynamic graduate sequences. Each sequence offers unique, discipline-specific experiences that engage students in hands-on and applied learning, while mentoring students through the research process and equipping them as leaders, practitioners, and scholars in kinesiology and recreation.



### Applied Community & Economic Development

This interdisciplinary sequence enables those who are passionate about social change to continue their commitment to service. Learn to work in recreation settings for philanthropic organizations, development, and the private sector.



### Athletic Training

Get advanced knowledge in athletic training. This program focuses on the application of various manual therapy techniques and biomechanical principles related to the prevention, evaluation, and treatment of musculoskeletal pathologies.



### Biomechanics

Develop the ability to apply the principles of biomechanics by serving as a movement analyst in competitive and recreational sport situations, as well as in the workplace.



### Exercise Physiology

Apply science to the way people acquire, use, and improve their motor skills; and use physical activity as an educational tool in health, fitness, and sport settings.

## FINANCIAL ASSISTANCE

Financial assistance is available to Kinesiology and Recreation graduate students in the form of tuition waivers, graduate assistantships, loans, grants, employment, and scholarships.

### Graduate Assistantships

- Opportunities include teaching and research in the School of KNR and with external partners (e.g., ISU Athletics, local agencies).
- Assistantships include a full-tuition waiver and a competitive stipend for full-time students.

### Tuition Waivers

- Eligible students can apply for partial tuition waivers each semester to support their studies.

### Student Travel Support

- Support is available from the School of KNR, CAST, and the Graduate School for students attending and/or presenting at professional conferences.

## GET INVOLVED

- Network at national and regional professional conferences with KNR graduate faculty presenting research and best practices
- Participate in a variety of engaging KNR-specific international study abroad experiences. The School of KNR offers study-abroad programs for graduate students to multiple countries (e.g., New Zealand, Poland, Russia)
- Engage in collaborative, student-driven research with expert faculty
- Participate in ISU Graduate School workshops that support graduate student research, teaching, and professional development



### Physical Education Pedagogy (fully online)

Enhance your knowledge and skills in teaching physical education K-12 through this 100-percent online program. Courses expand student's content knowledge, enhance professional practices, and exemplify leadership and advocacy in schools.



### Psychology of Sport & Physical Activity

Apply science to discover how psychological characteristics influence sport and physical activity participation.



### Recreation Administration

Apply advanced knowledge in recreation management for mid- to upper-level administrative positions in recreation, parks, and tourism.



### Sport Management

Make the jump from sports fan to sport management through an innovative curriculum, small class sizes, and numerous opportunities for experience and networking. Our program provides aspiring sport executives numerous advantages.



## KNR STUDENTS

HAVE COMPETED IN AND WON THE ISU 3-MINUTE THESIS COMPETITION

APPROXIMATELY

# 70%



OF KNR GRADUATE STUDENTS RECEIVE GRADUATE ASSISTANTSHIPS



HAVE PUBLISHED IN OVER



ACADEMIC JOURNALS

HAVE RECEIVED EXTERNAL

**GRANTS**  
FROM STATE  
AND NATIONAL  
FUNDING  
AGENCIES



## KNR GRADUATE FACULTY RESEARCH AND SCHOLARLY PRODUCTIVITY

**THANK YOU TO OUR SPONSORS!**



**GRADUATE SCHOOL**  
*Illinois State University*



**SCHOOL OF KINESIOLOGY  
AND RECREATION**  
*Illinois State University*



**HUMAN KINETICS**

