



2024 AASP Mid-Atlantic Regional Sport Psychology Conference Final Report

The 2024 AASP Mid-Atlantic Regional Sport Psychology Conference was held on Saturday, February 24th at Rowan University in Glassboro, New Jersey from 8am-4pm. The conference was hosted by the Department of Health and Exercise Science in the Rita and Larry Salva School of Nursing and Health Professions.

Conference Participant Information:

There was a total of 79 participants that attended the conference.

- 50 students
- 29 professionals

Continuing Education Units:

This conference was approved for 6.0 General CEUs through the Association for Applied Sport Psychology.

Conference Grant Allocation:

The \$500 conference grant was used for the honorarium fee for our keynote speaker.

Program Summary:

Programming for this conference included a keynote address, five workshop sessions, five research paper sessions, two symposium sessions, and 10 poster presentations.

Our keynote address speaker was Dr. Kat Longshore presenting on the topic, “Staying Open: Letting Your Path Unfold.” Workshop sessions included the following: “Excuseercise: Inexcusable Excuses for not Exercising”; “Building a Mental Performance Program in the Middle and High School Settings”; “Body Language 101: The Nonverbal Secret to Authenticity, Believability and Relationships in Coaching”; “Teamwork is fun... but here’s where it gets sticky! Ethical considerations of interdisciplinary, collaborative work within athletics”; and “Performance Excellence: Stories of Success from the Real World of Sport and Exercise Psychology.” The two symposium sessions included: “The Role of Sports Psychology in a Sports Performance Model” and “Meeting the Needs of Combat Athletes as a Mental Performance Consultant.”

Throughout the conference there was plenty of time for breaks and networking, especially during lunch and poster paper presentations. The collaboration of professionals and students was amazing.

Post-Conference Questionnaire:

Participants also received a survey to complete after the conference. The responses and suggestions are being used to assist the conference planning committee in planning next year's conference.

Q1 - How satisfied were you with your overall experience?

Of the participants that completed the questionnaire, 87% indicated that they were extremely satisfied with the conference.

Q2- Did the conference meet your expectations?

100% of participants indicated that the conference met their expectations.

Q3- Would you encourage others to attend this conference?

Of those that completed the questionnaire, 100% indicated that they would encourage others to attend this conference.

Q4- How likely are you to attend next year?

It appears that participants are likely to attend the conference next year.

- Extremely likely: 64.29%
- Somewhat likely: 35.71%

Rowan University is grateful for the opportunity to host the AASP Mid-Atlantic Sport Psychology Conference and hopes to continue to host this conference for the future.

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