

Welcome to MSEPS 2024
33rd Annual Conference hosted by:



Hope COLLEGE

About MSEPS

The Midwest Sport and Exercise Psychology Symposium (MSEPS) is a student-run, regional conference. Beginning in 1991, MSEPS has welcomed undergraduate and graduate student work in the field of Sport and Exercise Psychology. The symposium provides unique opportunities for networking, critical feedback, and enriching discussion. The Midwest region encompasses several institutions 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.

The 2024 MSEPS Theme

“The Winding Road”

In our current academic environment, students are under constant pressure to take the quickest, most straight-forward path toward their future career. Whether it is to get the perfect score, earn the most ideal internship, or get into graduate school immediately—students are increasingly developing perfectionist attitudes where even the slightest mistake is considered the deepest failure, and where taking a moment to stop and ponder new, better paths is seen as time-wasted and an abandonment of long-held goals. As a result, when students do inevitably "fail" it results in higher rates of anxiety, depression, and a loss as to what to do next, as many of them do not consider other options when it comes to their career.

Our keynote speakers, Drs. Alan Smith and Kelley Strohacker, will reference their research and own career trajectories in sport and exercise psychology as examples on how keeping an open-mind and allowing yourself to consider possibilities, make mistakes, and say yes to new opportunities can lead to an ultimately more fulfilling and enriching career in the future.

KEYNOTE SPEAKERS



Dr. Alan L. Smith is dean of the Emma Eccles Jones College of Education and Human Services at Utah State University and professor in the Department of Kinesiology and Health Sciences. Al is past president of the American Kinesiology Association (AKA) and the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) and served on the President's Council on Sports, Fitness & Nutrition Science Board. Al is also a fellow of the National Academy of Kinesiology. His research addresses the link between sport and physical activity involvement with young people's psychological and social functioning. He is most known for his research on peer relationships in the physical activity domain (e.g., sport, physical education) and the motivational implications of these relationships for children and adolescents. This work has included sport parenting, athlete burnout and the promise of physical activity for ameliorating symptoms and impairments of attention-deficit/hyperactivity disorder (ADHD) in young children.

His work has been funded by the National Institute of Mental Health and the U.S. Department of Education as well as other agencies such as the International Olympic Committee.

Al joins us as a longtime member of MSEPS before his time at Utah State University. Al served for nine years as professor and chair in the Department of Kinesiology at Michigan State University and for 14 years as a faculty member in the Department of Health and Kinesiology at Purdue University. He has had numerous masters and doctoral students present at MSEPS and he is well known among faculty who attend the conference regularly. We look forward to Al sharing his wisdom as our keynote speaker in Holland, Michigan.



Dr. Kelley Strohacker is an associate professor in the Department of Kinesiology, Recreation, and Sport Studies at The University of Tennessee, Knoxville (UT). Prior to her appointment at UT, Kelley earned a B.S. in education as an exercise specialist from Bowling Green State University and Ph.D. in kinesiology from the University of Houston. She then went on to complete her postdoctoral work in cardiovascular behavioral medicine in the Weight Control and Diabetes Research Center at Brown University's Alpert Medical School. Kelley joined the faculty at UT in 2013 and has taught at the undergraduate and graduate levels in the areas of fitness testing and exercise prescription, research methods, health and exercise psychology, and behavioral intervention development, and currently mentors masters and doctoral students in the Department of Kinesiology, Recreation, and Sport Studies.

Kelley's research has evolved from understanding the immunological effects of obesity and exercise to developing person-adaptive strategies to manage affective and physiological effects of exercise that support goal attainment and behavioral adherence. Her expansive background in physiology, behavior and exercise promotion has allowed her to explore areas of intersection among these fields, resulting in over 50 publications, multiple national and international presentations of her work and, most recently, co-authorship of a book chapter in *Sport and Exercise Psychology: Theory and Application* on the cross-sections of physical activity, subjective well-being and mental health. In 2018, Kelley was named fellow of the American College of Sports Medicine for her scholarly work in the realm of exercise physiology and behavior.

CONFERENCE SCHEDULE

Friday, February 16, 2024 – Haworth Hotel

2:00pm	Check In Opens	Lobby
3:45-4:00pm	Opening Remarks	Rm. 134
4:00-6:00pm	Oral Presentations	Rm. 144 and Rm. 156/158
4:00-6:00pm	Workshops	Rm. 104
6:15-7:15pm	Dinner	Rm. 134
7:15-8:15pm	Keynote	Rm. 134
8:30-9:30pm	Student Social	Rm. 134

Saturday, February 17, 2024 – Bultman Student Center (BSC)

7:00-7:45am	Yoga	DeVos Fieldhouse
8:00-10:00am	Breakfast	Great Room (Upstairs)
8:15- 9:00am	Faculty Meeting	Classroom
9:00-9:15am	Opening Remarks	Great Room
9:15-10:00am	Posters	Great Room
10:00am-12:15pm	Oral Presentations	Rm. 010 (Downstairs)
10:00am-12:15pm	Workshops	Great Room
12:30-1:45pm	Lunch/Keynote	Great Room
2:00-3:15pm	Oral Presentations	Great Room/Rm. 010
3:15-3:30pm	Closing Remarks	Great Room

Please see the map on the last page of this program for building addresses, locations, and parking

DETAILED SCHEDULE

FRIDAY, FEBRUARY 16, 2024

2:00pm – Check In Opens

Location: Haworth Hotel

3:45pm – Welcome remarks by Dr. Gerald Griffin, Provost, Hope College

Location: Haworth 134

Friday, Session 1a – HAWORTH 144

STUDENT-ATHLETE SERVICES AND ATHLETICS PERSONNEL

Time	Presentation Title	Presenter
4:00pm-4:15pm	Website Performance Evaluation and Social Media Engagement of Great Lakes Certified Mental Performance Consultants 2020-2023	Adrian Ciezobka <i>(University of Illinois Chicago)</i>
4:15pm-4:30pm	Assessing the Student-Athlete Perspective of Mental Health Resources and Services at Division I Mid-Major Level Universities	Grace Louis <i>(Northern Illinois University)</i>
4:30pm-4:45pm	College Mentors' Perceptions of Their Relationships in a Positive Youth Development Program	Randi Gray <i>(University of Kansas)</i>
4:45pm-5:00pm	Psychological Considerations Within Athlete Injury Rehabilitation: Helping Coaches Help Athletes-	Kelley Renner <i>(University of Kentucky)</i>

Moderator: Dr. Chad Carlson

Friday, Session 1b – HAWORTH 144

BEHAVIORAL DYNAMICS OF SPORT AND EXERCISE

5:15pm-5:30pm	Examining the use of periodization within mental skills training	Erica Reymore <i>(Miami University)</i>
5:30pm-5:45pm	The Development and Validation of an Unconditional Positive Regard Scale in Sport: A Critical Step Toward Advancing our Knowledge of an Athlete-Centered Approach to Coaching	Shelby Miller <i>(The University of Tennessee Knoxville)</i>
5:45pm-6:00pm	Beyond guided training: a descriptive qualitative exploration of readiness/recovery scores of wearable devices in regular exercisers	Adam Ibrahim <i>(The University of Tennessee Knoxville)</i>
6:00pm-6:15pm	Customizing to the individual may not be what we thought: An adaptive practice schedule shows no significant differences for learning	Andrew Strick <i>(The University of Tennessee Knoxville)</i>

Moderator: Dr. Brian Rider

Friday, Session 1c – HAWORTH 156/158

GROUP AND TEAM DYNAMICS IN SPORT AND PHYSICAL ACTIVITY

Time	Presentation Title	Presenter
4:00pm-4:15pm	Group dynamics in relation to group punishment decisions in youth sports	Shoshana Scheinberg (Michigan State University)
4:15pm-4:30pm	A systematic scoping review of the research on peer motivational climate in youth sports and physical activity	KeonYoung Chung (Michigan State University)
4:30pm-4:45pm	Social Comparison Orientation Predicts Well-Being in Young-Adult Recreational Runners That Use Strava	Lauren Chapman (Miami University)
4:45pm-5:00pm	Survey item content validation for an intrateam conflict measure	Lauren Secaras (Michigan State University)

Moderator: Dr. Paula-Marie M. Ferrara

Friday, Session 1d – HAWORTH 156/158

PHYSICAL ACTIVITY EXPERIENCES AMONG YOUNG PEOPLE

Time	Presentation Title	Presenter
5:15pm-5:30pm	Young adult perspectives on early experiences with sport and gender in the southeast US	Kayleigh Hart (University of Tennessee Knoxville)
5:30pm-5:45pm	The impact of LiFEsports on the development of FMS competency among youth participants	Sydney Mack (Ohio State University)
5:45pm-6:00pm	Effects of physical activity on executive functions in children: A meta-analysis on the role of cognitively engaging and aerobic programs	Marcelo Odilon Cabral de Andrade (Michigan State University)
6:00pm-6:15pm	Using computer-based language analysis to describe lessons learned from high school sport.	Lauren McReynolds (University of Tennessee Knoxville)

Moderator: Dr. Olufemi A. Oluyedun

Friday, Session 1e – HAWORTH 104

WORKSHOPS

Time	Workshop Title	Presenter
4:00pm-4:45pm	Getting off the bogey train: An ACT informed approach for mental performance consultation	Matthew Dorey (University of Illinois Chicago)
4:45pm-5:30pm	Navigating sport injury rehabilitation: Integrating ACT and SCT frameworks for effective mental performance interventions in athletes	Dagmar Urbankova (University of Illinois Chicago)
5:30pm-6:15pm	Setting the agenda: Success coaching and the appreciate advising model as a framework for emerging mental performance consultants	Morgan Findley (University of Kentucky)

Moderator: Kayla Wolma

6:30pm-7:30pm – Dinner

Location: Haworth 134

7:30pm-8:30pm – Dessert and Keynote by Dr. Al Smith

Location: Haworth 134

8:30pm-9:30pm – Student Social

Location: Haworth 134

SATURDAY, FEBRUARY 17, 2024

7:00am-7:45am – Yoga

Location: DeVos Fieldhouse, Main Court

8:00am-10:00am – Breakfast

Location: Bultman Student Center, Great Room

8:15am-9:00am – Faculty Meeting

Location: Bultman Student Center Classroom

9:00am-9:15 – Welcome Remarks by Dr. Lindsey Root-Luna, Dean of Social Sciences, Hope College

Location: Bultman Student Center, Great Room

Saturday, Session 2a – BSC GREAT ROOM

POSTER PRESENTATIONS

Time	Presentation Title	Presenter
9:15am-10:00am	Effectiveness of a Psychological First Aid Training Session on Students' Confidence Levels	Tony Williams (University of Illinois Chicago)
	Associations among dimensions of friendship quality, accountability, and sport commitment	Jesse Cooke (Hope College)
	Examining the role of a golf-based positive youth development program on psychosocial and academic outcomes in Lansing youth	Aarushi Lokhande (Michigan State University)
	The Impact of Stress and Well-being on NCAA Athletic Trainers' Perceived Performance	Hunter Stimson (University of Tennessee Knoxville)
	Exploring factors contributing to the maintenance of physical activity post-collegiate athletic career.	Sara Brown (University of Illinois Chicago)
	Evaluating a resilience program to support student-athletes during the transition from high school to college	Brett Haffner (Illinois State University)
	Former NCAA DIII college athletes' perceptions of health fitness, and post-sport exercise behavior	Samantha Vermeesch (Hope College)
	No business being here	Allyson Meehan (Ball State University)
	Group differences in how high school students describe lessons learned in high school sport	Allison Pooley (University of Tennessee Knoxville)
	Exploring the mental stressors and strategies of elite pianists	Alena Miskinis (Ball State University)
	Exploring the impact of different practice conditions on the learning process.	Jaelyn Smith (University of Tennessee Knoxville)

Saturday, Session 2b – BSC 010

RETIRED ATHLETES' IDENTITY AND WELL-BEING

10:00am-10:15am	An investigation of body image and eating behaviors in former NCAA heptathletes	Claire Bailey (University of Kentucky)
10:15am-10:30am	Athletic Identity and Life After Sports	Jordyn King (Northern Illinois University)
10:30am-10:45am	Life After Sports: A Career Transition Program for Graduating Collegiate Student-Athletes	Melvin Sangalang (Illinois State University)
10:45am-11:00am	Former NCAA DIII College Athletes' Plans For Maintaining Post-Sport Exercise Behavior	Christian Clark (Hope College)

Moderator: Dr. Paula-Marie M. Ferrara

Saturday, Session 2c – BSC 010

RESILIENCE AND MENTAL TOUGHNESS

Time	Presentation Title	Presenter
11:15am-11:30am	Mindfulness and acceptance-based interventions for professional chess players to effectively manage sport-related stress and anxiety	Saloni Narendra Sapale (University of Illinois at Chicago)
11:30am-11:45pm	How adaptable is the construct of psychology resilience? A proposal for Para sport perspectives	Samantha D'Agostino (University of Windsor)
11:45pm-12:00pm	The interaction between weather, resilience, and adversity in American collegiate sports	Kai Bates-Diop (University of Illinois Chicago)
12:00pm-12:15pm	What's got you blocked? A proposal study of mental blocks and injury in collegiate cheerleaders	Haley Neal (University of Illinois Chicago)

Moderator: Dr. Brian Rider

Saturday, February 17, Session 2d – BSC GREAT ROOM

WORKSHOPS

Time	Workshop Title	Presenter
10:00am-10:45am	Getting KINnected: Peer mentorship in applied sport, exercise, and performance psychology	Corinne Zimmerman (Michigan State University)
10:45am-11:30am	Experiential Learning Intervention Workshop	Emily Murphy (University of Kentucky)
11:30am-12:15pm	The Beak Performance Manual: The Process Behind Creating a Team Building Manual for Collegiate Athletes	Ashley Norman (University of Kentucky)

Moderator: Mackenzie Halton

12:30-1:45 – Lunch and Keynote by Dr. Kelley Strohacker

Location: BSC Great Room

Saturday, Session 3a – BSC GREAT ROOM

SPORT AND MENTAL HEALTH

Time	Presentation Title	Presenter
2:00pm-2:15	College Student-Athlete Perfectionism and Mental Health	Andrew Kuramoto <i>(Miami University)</i>
2:15pm-2:30pm	Perspectives on Implementing Peer-Led Student-Athlete Mental Health Advocacy Organizations	Patrick Maneval <i>(University of Kentucky)</i>
2:30pm-2:45pm	Follow up study: Psychological impact during recovery following a severe injury	Brielle Gomez <i>(Western Michigan University)</i>
2:45pm-3:00pm	An intervention for perfectionism and anxiety in youth athletes	Braelyn Bean <i>(Miami University)</i>

Moderator: Samantha Vermeesch

Saturday, February 17, Session 3b – BSC 010

SOCIAL JUSTICE & INCLUSION

Time	Presentation Title	Presenter
2:00pm-2:15	Research Behind Bars: Empowerment-based Data Collection Methods for a Sport Program with Incarcerated Youth	Jeremy Charles <i>(Northern Illinois University)</i>
2:15pm-2:30pm	Exploring Empowerment Amongst Intercollegiate LGBTQIA2S+ Athletes Through Photovoice Analysis	Amanda Kaufman <i>(Miami University)</i>
2:30pm-2:45pm	Overcoming barriers: Unveiling the challenges of aspiring athletes in Puerto Rico	Dinayra Sorando Rivera <i>(Adler University)</i>
2:45pm-3:00pm	Cognitive Behavior Therapy Combined with Feminist Therapy for Treatment of Female Athletes	Reese Ashley <i>(Bowling Green State University)</i>
3:00pm-3:15pm	Social inclusion in Special Olympics basketball: A deductive content analysis	Adam Smith <i>(Ball State University)</i>

Moderator: Dr. Olufemi A. Oluyedun

3:30pm – Closing Remarks

Location: BSC Great Room

Thank you to our sponsors!

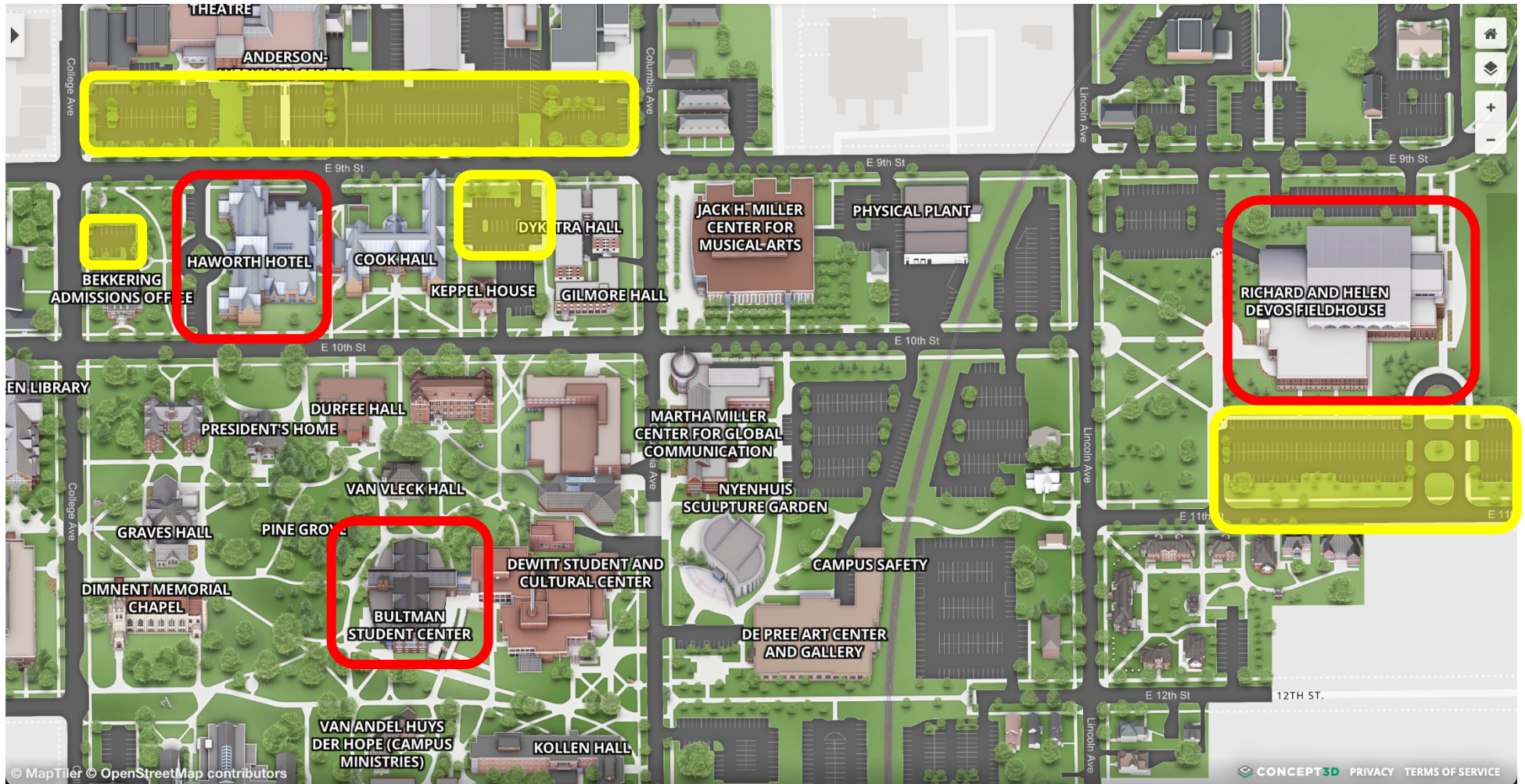
- Hope College Athletics Department
- Hope College Kinesiology Department
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- Neuropeak Pro
- Chipotle
- Taqueria Vallarte
- Coach Becky Schmidt
- The Wolma Family
- Crane's in the City
- Kilwins
- Russ' Restaurant

Conference Locations

Haworth Hotel
225 College Ave.
Holland, MI 49423

Bultman Student Center
115 East 12th St.
Holland, MI 49423

DeVos Fieldhouse
222 Fairbanks Ave.
Holland, MI 49423



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