

2016 AASP South Central Regional Conference Final Summary Report

The 2016 AASP South Central Regional Conference was held at the University of North Texas in Denton, Texas on April 22–23, 2016.

Total attendees: 58 (22 undergraduate students, 28 graduate students, 8 professionals)

Number of schools attended: 10

(Boston University, John F. Kennedy University, Louisiana Tech University, Northwest Missouri State University, Southern Methodist University, Texas A&M University, Texas State University, University of Kansas, University of North Texas, University of Western State)

Number of presentations: 9 (2 keynote speeches, 1 invited panel discussion, 3 research presentations, 3 applied lecture presentations), including 5 student presentations.

Conference highlights:

The conference included two keynote speakers and three panel member from various sport and exercise fields.

On April 22 (Friday), our first keynote speaker, Dr. Monro Cullum from the University of Texas Southwestern Medical Center, introduced sports-related concussion with regards to its facts and myths, focusing on diagnosis and treatment from physical and psychosocial perspectives. Following Dr. Cullum's keynote and a research presentation, a conference social was held in which approximately half of conference attendees were present.

On April 23 (Saturday) morning, we organized a featured panel discussion on physical and psychosocial aspects of youth sports. Panel members included a CC-AASP and a licensed psychologist Dr. Matthew Aktins, a CC-AASP and a licensed psychological associate Dr. Hillary Cauthen, and a NCAA team athletic trainer Mr. Edrian Hairston. The panel engaged in a lively discussion by answering questions from attendees on injury and mental health concerns of youth athletes. Discussions also extended on how sport psychology professionals play an important role in working with other athletic staff in order to enhance the overall well-being of athletes, especially those who suffer physical injuries.

On April 23 (Saturday) afternoon, our keynote speaker Dr. Jonathan Metzler from Armed Forces Services Corporation gave a speech on the application of sport and performance psychology in the military, emphasizing resilience and leadership training for enhanced army performance. He provided attendees with insights into using sport psychology knowledge in working with non-athlete populations.

According to our post-conference survey, attendees most consistently commented on the excellent organization of the conference, particularly the great variety of keynote speakers as well as networking opportunities throughout the conference.

The \$500 of grant money received from AASP was spent on food and beverages for attendees, our conference website maintenance, gifts for all 5 keynote speakers, gift bags for attendees (including a coffee mug and stationeries), and our conference venue reservation.

We are grateful for AASP's support in funding the South Central regional conference this year. We are confident students and professionals in the field were able to learn and grow through this experience.

Sincerely,

Alan Chu, M.Ed. and Alexander Brian Yu, M.S.
2016 AASP South Central Conference Co-Chairs
University of North Texas

