

## **2021 Northwest Student Sport and Exercise Psychology Symposium: An AASP Regional Conference**

### **Summary:**

The 2021 AASP Northwest Student Sport and Exercise Psychology Symposium was hosted virtually by Lewis-Clark State College on Friday, April 9<sup>th</sup>. This is the first time that Lewis-Clark State College has hosted the event. Notably, the 2021 gathering marked the 25<sup>th</sup> anniversary of this regional conference. In all, there was a record number of registrations (108) including high school students, undergraduate students, graduate students, and professionals (13 CMPCs). Thirty-two Institutions from within and outside the Northwestern United States were represented: Lewis-Clark State College, University of Idaho, Boise State University, Northwest Nazarene University, Washington State University, Eastern Washington University, Central Washington University, Western Washington University, Seattle University, Pacific Lutheran University, University of Western States, University of Montana, Cal Baptist University, Salt Lake Community College, University of Utah, Adams State University, University of Alberta, University of North Texas, Saint Louis University, Indiana University-Bloomington, University of Alabama, University of North Michigan, Springfield College, Rowan University, John F. Kennedy University, West Potomac High School, and Mount Vernon Central School District. Several professional organizations were also represented: Raw Power Gym, Learning to LEAD, Edward Jones Investments, Designs for Wellness, and Socastee Eye Clinic.

The conference featured nine graduate student presentations, two professional presentations, two keynote addresses, and one invited speaker. All presentations were delivered orally via the virtual format. Topics ranged from motivation, career transitions, goal setting in Olympic athletes, effects of COVID-19 on well-being, social physique anxiety, and others. Student and professional presentations were 20 minutes long, including Q&A. Keynote and invited presentations were 35-45 minutes, including Q&A. Three breaks were scheduled to allow proper transitions between speakers.

Ogie Shaw (Ogie Shaw Fitness) delivered the opening keynote address on: "Winning the Mental Battle of Fitness and Obesity in Your Clinic, Classroom, and Community." A renowned speaker, Mr. Shaw shared topics from a TED talk he gave that has over 1.3 million views on YouTube. The afternoon keynote address was co-presented by Dr. Anne Cox and Dr. Sarah Ullrich-French (both of Washington State University). This applied research presentation covered "The Role of Mindfulness in Physical Activity Motivation: Theory to Practice." Both keynote presentations included information about motivation and exercise but came at the topic from different perspectives, which led to interesting discussions. Dr. Charles Palmer (University of Montana) was invited to be the concluding speaker. Pulling from over 20 years of experience with tactical athletes (e.g. Wildland Firefighters), his presentation was: "Get in the door: Consulting and providing sport psychology services to non-sport populations." Dr. Palmer shared intriguing personal stories and provided useful tips for aspiring sport psychology practitioners.

The AASP regional conference grant was used to provide honorariums to the keynote/invited speakers. The conference organizers would like to thank AASP for supporting this conference and providing funding to help secure well-respected professionals from our region.