



UNC GREENSBORO
PRESENTS:

2021 DIVERSITY IN SPORT CONFERENCE

APRIL 16TH - 17TH

ASSOCIATION FOR APPLIED SPORT PSYCHOLOGY



UNC GREENSBORO

Department of Kinesiology

We offer opportunities for students interested in a broad range of career specializations, including physical education, athletic training, community youth sport development, exercise instruction, exercise psychology, exercise physiology and much more. Consistent with national trends, our enrollment has grown tremendously in recent years as Kinesiology has become the preferred major for students preparing for allied health professions. In fact, US Bureau of Labor Statistics suggest that careers in Kinesiology are outpacing the average expected job growth rate (2012-2022).

Our programs emphasize experiential learning, and are taught by experienced, award-winning faculty, who are nationally recognized for their scholarship. We offer in-depth core courses and a highly diverse array of electives, enabling students to take ownership of their career preparation and tailor their college experience to their interests and aspirations. Our offerings range across traditional classroom-based classes and online courses, to our forward-thinking, professionally focused EdD program, a Doctorate of Education offered entirely online. Beyond the classroom, the Department of Kinesiology emphasizes hands-on, experiential learning through research, practicum and practical opportunities on and off-campus. The department routinely partners with community organizations to provide our students with practical, hands-on knowledge and build relationships to help develop our students into well-rounded community citizens, and reinforce our mission of service to those in our communities.

With well over a century as a cornerstone academic department, Kinesiology benefits from a wealth of institutional knowledge and an engaged, supportive alumni community. Our evolution into a diverse, research-focused, technologically advanced 21st-century institution of learning is a key part of our mission to prepare students for the changing health needs of our communities, both today and into the future. But the most important part of our mission is our students – the thousand-strong cohort of students learning with us today, and the students who will join us in the future. We look forward to welcoming you to our community, and partnering with you on your own journey in Kinesiology.



Founded in 1985, the Association for Applied Sport Psychology (AASP) is the leading organization for sport psychology consultants and professionals who work with athletes, coaches, non-sport performers (dancers, musicians), business professionals, and tactical occupations (military, firefighters, police) to enhance their performance from a psychological standpoint.

AASP is an international, multidisciplinary, professional organization with over 2,500 members in 55 countries worldwide, with backgrounds in a variety of areas including sport science, social work, counseling and clinical psychology.

AASP promotes the development of science and ethical practice in the field of sport psychology and offers certification (Certified Mental Performance Consultant®) to qualified individuals who have completed a combination of educational and work requirements and successfully pass a certification exam.

THANK YOU TO OUR SPONSOR!

SUPPORT FOR KEYNOTES AND STUDENT TICKETS



The mission of the Institute to Promote Athlete Health & Wellness (IPAHW) is to improve the health and wellness of all athletes through the translation of prevention research to effective programs, policies, and practices. IPAHW is at the forefront of excellence in health promotion for athletes of all ages and levels of competition, working collaboratively with a variety of organizations to provide educational resources and support through evidence-based programming, training, and research/evaluation.

Association for Applied Sport Psychology Diversity in Sport Regional Conference

Schedule at a Glance

Friday April 16th

10:30 - 11:00
Welcome Address

11:00-12:00
Keynote

12:00-1:00
Lunch Break

1:00-2:00
Session A **Session B**
Lecture Workshop
Series #1 Series #1

2:00-2:15
Break

2:15-3:15
Session A **Session B**
Lecture Workshop
Series #2 Series #2

Saturday April 17th

9:45 - 10:45
Session A **Session B**
Panel #1 Workshop
Series #3

10:45 - 11:00
Break

11:00-12:00
Keynote

12:00-12:15
Break

12:15-1:15
Session A **Session B**
Lecture Panel #2
Series #3

2021 Diversity in Sport Conference

MEET THE KEYNOTES

Dr. Melicia Whitt-Glover
Dr. Angel Brutus



DR. MELICIA WHITT-GLOVER, PHD

*President and CEO, Gramercy Research Group,
Winston-Salem, NC
Executive Director, Council on Black Health, Dornsife
School of Public Health, Drexel University, Philadelphia, PA*

Dr. Melicia Whitt-Glover is President and CEO of Gramercy Research Group in Winston Salem, NC. Gramercy Research Group's mission is to positively impact and improve the lives of individuals and communities by addressing health and related issues. She is also Executive Director for the Council on Black Health, which is housed in the Dornsife School of Public at Drexel University in Philadelphia, PA. CBH's mission is to develop and promote solutions that achieve health in Black communities.

For over 20 years, Dr. Whitt-Glover has been engaged in research and evaluation projects designed to identify effective strategies to promote adherence to national recommendations for physical activity, diet, and healthy weight gain to address disparities in chronic disease morbidity and mortality. Her research has been funded by the National Institutes of Health, the Patient Centered Outcomes Research Institute, national and local foundations, and local government organizations. She was a member of the 2018 Physical Activity Guidelines Advisory Committee, which was a group of the country's most accomplished physical activity and health expertise who will play a critical role in a comprehensive process, culminating with the publication of the second edition of the Physical Activity Guidelines for Americans.

Dr. Whitt-Glover received her BA (Exercise Physiology, 1993) and MA (Exercise Physiology, 1996) from the University of North Carolina at Chapel Hill. She received her Ph.D. (Epidemiology, 1999) from the University of South Carolina. Dr. Whitt-Glover completed a postdoctoral fellowship at the University of Pennsylvania School of Medicine (2000 – 2002).

APR
17

DR. ANGEL BRUTUS, LPC-S, CRC, BC-TMH, CMPC

Assistant Athletic Director of Counseling and Sport Psychology as a member of Mississippi State University's Sports Medicine and Performance team



Dr. Angel Brutus is a member of Mississippi State University's Sports Medicine and Performance team serving as Assistant Athletic Director of Counseling and Sport Psychology. There, she provides clinical and performance enhancement services to address MSU's sports culture. She serves in this role after managing a private practice based in Atlanta, Georgia where she provided clinical and sport performance services to individuals, teams and organizations.

Her training includes Licensed Professional Counseling, Certified Rehabilitation Counseling and Sport Performance Psychology. Dr. Brutus is a Certified Mental Performance Consultant and serves as former coordinator for the Association for Applied Sport Psychology's Race & Ethnicity in Sport Special Interest Group (SIG) – member of additional SIGs (Women in Sport, Eating Disorders in Sport, Adaptive Sport & Physical Activity) and is a member of multiple committees within the Association of which she co chairs the Nominations/Leadership Development and assists with Professional Ethics. In her spare time, she enjoys spending quality time with her three daughters and husband, engage as a community volunteer with philanthropic organizations targeting underserved youth, and mentoring students interested in pursuing careers in the helping profession.



Diversity in Sport Conference

FRIDAY, APRIL 16TH

All times are EST



WELCOME ADDRESS

10:30AM - 11:00 AM

DR. KENSA GUNTER

PRESIDENT OF AASP

KEYNOTE SPEAKER

11:00AM - 12:00PM

DR. MELICIA WHITT-GLOVER

PRESIDENT AND CEO OF GRAMERCY RESEARCH GROUP
EXECUTIVE DIRECTOR FOR THE CENTER OF EXCELLENCE FOR
THE ELIMINATION OF HEALTH DISPARITIES (CEEHD) AT
WINSTON-SALEM STATE UNIVERSITY

**MY JOURNEY IN HEALTH EQUITY
RESEARCH: UNBOSSSED,
UNBOUGHT, AND UNAPOLOGETIC**

LUNCH BREAK

12:00PM - 1:00PM

Lecture Series I

Session A | 1:00pm - 2:00pm

MENTAL HEALTH HELP SEEKING AMONG AFRICAN- AMERICAN STUDENT ATHLETES

Rennae Williams Stowe, EdD, ATC
Aaron T. Goodson, PhD, CMPC, P-LPC

Discussing the intersection of the stigma of help seeking among African-American student-athletes (SAs) and the implications of this stigma for SAs and administrators at HBCUs. They will also introduce a pilot study to address mental health and holistic well-being among college student-athletes with the KORU mindfulness program.

NAVIGATING THE IMPACT OF STEREOTYPE THREAT ON BLACK COLLEGIATE ATHLETES

Sloan Johnson
Bianca Briones

The planned outcomes of this paper presentation are to disseminate synthesized stereotype threat and athletic identity literature; specifically focusing on Black student-athletes. Identifying current practices that may prime or trigger the stereotype threat and propose research-based intervention strategies that consultants, coaches, and conference attendees could use to negate the impact.

APPLYING A CULTURAL TRAUMA THEORETICAL FRAMEWORK IN SPORT PSYCHOLOGY

Latisha Forster Scott, PhD

The purpose of this presentation is to provide a framework for sport psychology practitioners to examine models of cultural trauma and how they can be applied within the field. This presentation will specifically review dynamics of culture, models of cultural trauma, terror management theory, racial encounter coping appraisal and socialization theory, and trauma focused cognitive behavioral theory.

WE HAVE SPOKEN, BUT ARE YOU LISTENING? THE IMPACT OF ADVERSE CHILDHOOD EXPERIENCES AND BIOPSYCHOSOCIAL HEALTH DISPARITIES AMONG STUDENT- ATHLETES OF COLOR

Braden J. Brown, PhD, LMFTA
Rachel E. Brown, BS

This presentation discusses the impact and prevalence of ACE's biopsychosocial (BPS) health outcomes among NCAA student-athletes and highlights more needs to be done to create supportive and affirming environments for student-athletes, particularly athletes of color.

Workshop Series I

Session B | 1:00pm - 2:00pm

ENGAGING IN ADVOCACY AS A STUDENT: REFLECTION, EDUCATION, & DIALOGUE

Shelby Anderson, MS, CMPC

Deyja Enriquez, MA

Joanna Line, MS

Derek Zike, MS

Abigail Akpobiyeri, MA, NLC

The purpose of this workshop is to facilitate personal reflection, highlight what we mean by social justice and advocacy, and provide space to share experiences and strategies for students who want to become, or who currently are working to be, change agents. Students will walk away with a plan for engaging in social change within their sport setting.

TEAMBUILDING FOR DIVERSE GROUPS - BUILDING A CULTURE OF COMMUNICATION AND COOPERATION

Paige Bramblett

Nick Stevens

Kimberly Fasczewski

This workshop will take participants through one unique virtual team building activity designed to elicit cooperation among members of a group/team and develop a cohesive team environment. The virtual activity will focus on developing effective communication skills and recognizing individual group member's strengths and the role those strengths play in creating a stronger group performance.

BREAK

2:00PM - 2:15PM



Lecture Series II

Session A | 2:15pm - 3:15pm

IMPLEMENTATION OF AN LGBTQ+ SUPPORT GROUP WITHIN A DIVISION I ATHLETIC DEPARTMENT

Derek Vigon, PsyD

The group is intended as a safe support space within athletics to serve the University's mission of diversity and inclusion within all departments. The group has included curriculum based on contemporary research in the community, resource awareness on campus, and connection to University's CAPS, Well-being, and LGBTQ+ center.

SCHOOL MATTERS: PHYSICAL ACTIVITY AND SCHOOL-RELATED FACTORS AMONG ADOLESCENT LATINAS

Sarah M. Espinoza, PhD

Iris W. Borowsky, MD, PhD

Marla Eisenberg, ScD, MPH

Christie L. Martin, MN MPH, RN, LHIT-HP

Barbara J. McMorris, PhD

Adolescent Latinas' physical activity levels and engagement in school activities are limited, but participation in physical education, engagement in school activities, and perceived safety commuting to and from school can help this population be more active.

STRATEGIES FOR THE RECOGNITION OF BIPOC, AND WHITE FEMALE SPORTS' COVERAGE IN THE MEDIA

Joan Steidinger, PhD, CMPC

The media could elevate and support women's sport by a significant margin if they only wrote more and televised their events in a timely and positive manner. This presentation will examine the continuing lack of coverage in the media for women in sports and the work that needs to continue to address this outrageous inequity in all sports.

MINDFULNESS AND POSITIVE PSYCHOLOGY FOR SPORT AND EXERCISE GROUPS

Nick Stevens Jr.

Paige Bramblett

Kimberly Fasczewski

This workshop will be a learning experience and virtual activity surrounding mindfulness and positive psychology. Participants will explore the benefits of positive psychology and learn how to virtually use mindfulness in various team-based sport and exercise settings.

Workshop Series II

Session B | 2:15pm - 3:15pm

THE BLACK ATHLETE ACTIVIST LEADERSHIP MODEL (BA₂L): A FRAMEWORK OF ENGAGEMENT, EDUCATION AND EMPOWERMENT

Gyasmine George-Williams, PhD

No model currently exists to support and develop the leadership of Black college athlete activists holistically from the individual, programmatic and systemic level that can be utilized in student leader support, training, and leadership development for Black athlete activists. This leadership model is an invitation for athletic departments, student services, and higher education practitioners overall to gain a deeper and informative understanding and support of Black college athlete activists and activists of color by taking a holistic lens and approach.

BEYOND "A GOOD FIT": EXAMINING EFFECTIVE MENTORSHIP FOR BIPOC PRACTITIONERS IN A PREDOMINANTLY WHITE PROFESSION

Kelsey Parks Smith, MSc

Erica Tibbetts, PhD

The workshop will examine the current landscape of mentorship in sport psychology, through the lenses of critical race theory, feminist mentorship practices, and intersectionality and would devise tangible tools to better mentor women and BIPOC practitioners in the field. Workshop participants will explore their own identities and the identities of their inner circle to understand the prominence of privilege and social identity in their work. Facilitators will provide tools to help participants create more radical and equitable mentoring relationships.

SEE YOU TOMORROW!





Diversity in Sport Conference

SATURDAY, APRIL 17TH

All times are EST

Panel #1

Session A | 9:45am - 10:45am

ADVOCACY WITHIN APPLIED SPORT AND EXERCISE PSYCHOLOGY SETTINGS: AN INTRODUCTION FOR NOVICE PRACTITIONERS

Hannah Bennett, Augusta University

Rob Owens, University of North Carolina at Greensboro

Amanda Perkins-Ball, Rice University

Tanya Prewitt-White, University of Illinois at Chicago

Derek Zike, MS

Over the last decade, there has been an increasing necessity for sport and exercise psychology (SEP) organizations to recognize the importance of multicultural competencies within applied practice or what other helping professions have named the “fourth force”. Several initiatives within SEP have followed suit and are notable exemplars in the field: (1) the creation of diversity knowledge requirement for the certified mental performance consultant credential (CMPC), the diversity course and diversity and inclusion (D&I) executive board position within the Association for Applied Sport Psychology (AASP); (2) the International Society of Sport Psychology (ISSP) Position Stand on Culturally Competent Research and Practice; and, (3) the European Federation of Sport Psychology (FEPSAC) Position Statement on Culturally Competent Practice in Sport and Exercise Psychology (SEP). Recently, other helping professions have acknowledged advocacy as a fifth force to address client challenges (Ratts, D’Andrea, & Arredondo, 2004). Advocacy, defined as “the process or act of arguing or pleading for a cause or proposal” (Lee, 1998, p. 8), is rarely discussed in applied SEP research and practice. In 2020, AASP established an Advocacy Committee to address the need for practitioners to advocate on the behalf of marginalized groups. The proposed panel is composed of four applied (SEP) practitioners who have backgrounds in social justice and advocacy. The panelists will discuss their experiences with advocacy and social justice within applied SEP settings, and will answer questions related to advocacy competencies for applied practitioners.

Workshop Series III

Session B | 9:45am - 10:45am

HEALING DEPRESSION IN OVERWEIGHT AFRICAN AMERICAN WOMEN OVER 40 WITH YOGA

Chancia Williams

Dialectical Behavioral Therapy, in combination with Yoga, may be used to improve depressive symptoms and accelerates the body's metabolism, which can trigger weight loss (Sciarrino et al., 2017). The accessibility of Yoga, combined with Mindfulness Based Interventions (MBI), can benefit overweight African American women, improve depressive symptoms, and improve overall well-being (Ross & Thomas, 2010).

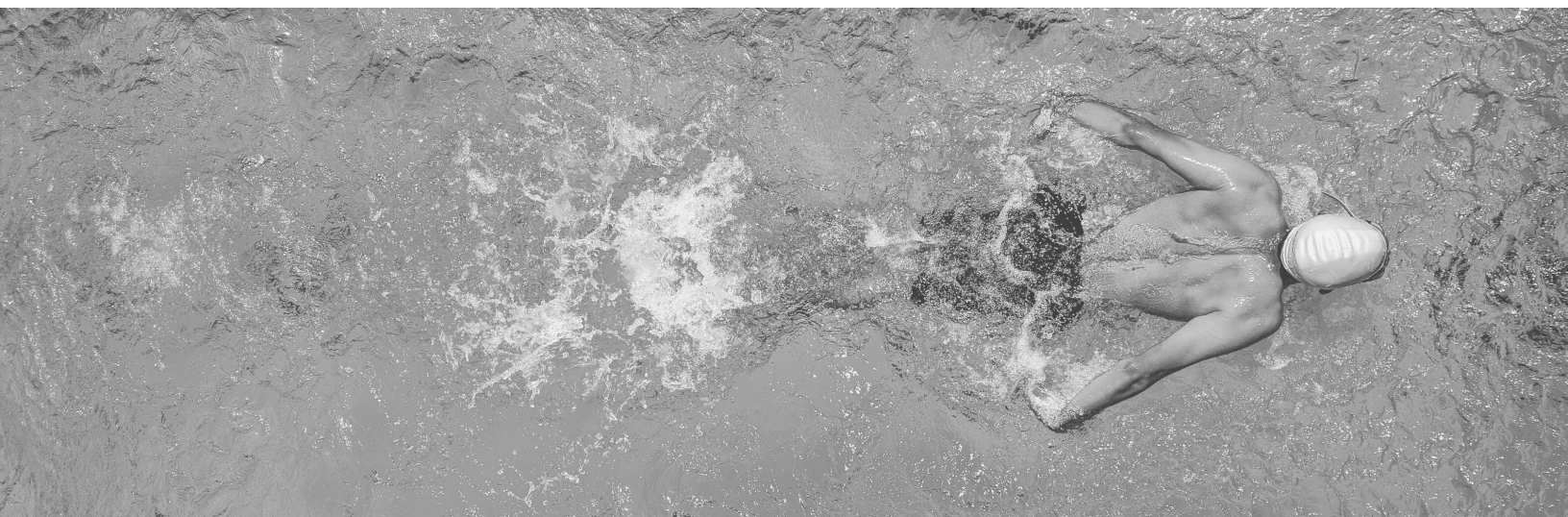
EXPLORING THE PSYCHOLOGICAL LANDSCAPE OF PARA SPORT

Kelsey Varzeas, MEd, CMPC Candidate,
PhD Student
Brittany Croft, MS, LMHCA

This presentation aims to help bridge the gap between adaptive sports and sport psychology skills training. The presenters will provide an overview of adaptive sports; review research-backed and anecdotal psychological experiences of para-athletes; and provide recommendations for modifying psychological skills training techniques as needed. Constructs such as "inspiration porn," lack of role models, accessibility issues, and performance anxiety will be explored. An experiential component will also be offered to practice implementing skills covered in this presentation.

BREAK

10:45AM - 11:00AM





KEYNOTE SPEAKER

11:00AM - 12:00PM

**DR. ANGEL BRUTUS,
LPC-S, CRC, BC-TMH, CMPC**

ASSISTANT ATHLETIC DIRECTOR OF COUNSELING AND SPORT
PSYCHOLOGY AS A MEMBER OF MISSISSIPPI STATE
UNIVERSITY'S SPORTS MEDICINE AND PERFORMANCE TEAM

**DEATH BY A THOUSAND CUTS: THE
IMPACT OF MORAL INJURY IN
COUNSELING AND SPORT
PSYCHOLOGY**

BREAK

12:00PM - 12:15PM

Lecture Series III

Session A | 12:15pm - 1:15pm

UNDERSTANDING AND INCREASING DIVERSITY AND INCLUSION IN YOUTH SPORTS THROUGH A COMMUNITY-BASED ACTION RESEARCH APPROACH

Maria D'Ugo
Sean Mapoles
Jillian Lowey
Dr. Brian Garity

Moving from understanding to systematic community change, we continue to collect data and implement educational materials with our partners and surrounding community to increase youth participation and feelings of inclusion. This research intends to enhance our community partner while addressing the gap in the literature on culturally aware, sport specific environments.

BUILDING UNITY, COMMUNITY & SOLIDARITY- A PILOT PROGRAM IN SOCIAL JUSTICE

Charles Bell
Stephen Cadoux
Suzanne Pottratz, PhD, CMPC
Kimberly Shaffer, PhD, CMPC

B.U.C.S. is a taskforce made up of SEPP students, alumni, and faculty along with athletics administrators aimed at helping support and empower student athletes on campus. The mission of B.U.C.S. is to create dialogue and advocate for change surrounding social justice issues student-athletes of color face while attending predominantly white college/university campuses (Armstrong & Jennings, 2018).

"SHE BELIEVES IN BELIZE": THE LIVED EXPERIENCES OF BELIZEAN WOMEN IN SPORT

Karisa Kuipers
Ben Lee
Jenn Jacobs

Through exploring the experiences of women who identify both as important advocates and stakeholders in the Belizean sport context, insight can be gained on how to approach SFD programs in a way that empowers local initiatives and aligns with the cultural context.



Panel #2

Session B | 12:15pm - 1:15pm

DIVERSITY AND INCLUSION IN SPORTS MEDICINE*

S. Andrew Cage, University of North Carolina; University of Texas at Tyler

Kendall Goldberg, BSW Rehab SportsHealth, Secretary for Southwest Athletic Trainers' Association

Shaketha Pierce, Newman Smith High School, Chair for Southwest Athletic Trainers' Association Ethnic Diversity Advisory Committee

Scott Galloway, White Settlement High School, Incoming Executive Director for Southwest Athletic Trainers' Association

Branay Hicks, Dallas Wings

Monica Matocha, Texas Lutheran University

Meredith Decker, University of Texas at Arlington, Chair for SWATA LGBTQ+ Advisory Committee

Within the field of sports medicine and athletic training, healthcare professionals encounter an increasingly diverse patient population. In many cases, there has been a lack of education and mentoring with regards to providing care for patients from diverse backgrounds. As such, these professionals are being called upon to develop and enhance their cultural competency skills. The goal of this panel of athletic trainers is to showcase a dialogue among clinically practicing athletic trainers, athletic training educators, and athletic training researchers. The panelists will discuss the different factors that play a role in diversity, including race, ethnicity, gender, sexuality, religion, and socioeconomic status. Each of these factors have the potential to require special considerations when determining optimal care for individual patients. Considering the domains and scope of practice for athletic trainers and other healthcare professionals, it is important to gain the skills and understanding necessary to serve these populations. Within the dialogue the panelists will be led by a moderator (Ms. Goldberg) in conversations about challenges faced in the panelists' settings, and how they have worked to overcome them. After attending this panel, participants shall be able to define and describe the issues related to diversity and inclusion in sports medicine, analyze the current state of diversity and inclusion within their respective workspaces, and develop a plan to improve inclusion within their respective workspaces.

***Available asynchronously via our website**

Posters

Available asynchronously on our website

Untapped Potential: Psychological Skills Analysis in Dominican Athletes based on their level of experience

Emmanuel Goico-Montes de Oca, Florida State University

The Relationship between Intramural, Club, and University Student-Athletes' Belongingness and Motivation during COVID-19

Osadolor Louis Ikponmwo, Minnesota State University, Mankato

Michelle McAlarnen, PhD, CMPC, Minnesota State University, Mankato

Representation Matters: Diversifying the Field of Sport Psychology

Ahavah Issa Davis, Florida State University

The perceived impacts of mental health status on career progression in elite U.S basketball players

Jase Harrison, University of East London

Richard Buscombe, University of East London

Sleep Quality and Stress Management: Enhanced Approach to Injury Prevention

Nicholas Posadas, San José State University

Karin Jeffrey, PhD, San José State University

Physical Education in California Schools: The Importance of Sharing Standards, Goals, and Progressions with Students

Raymond Guzetta, San José State University

Karin Jeffery, PhD, San José State University

ADDITIONAL INFORMATION

**ALL ZOOM LINKS WILL BE SENT OUT THE
MORNING OF TO ALL REGISTRANTS!**

**CONFERENCE APPROVED FOR
3 DIVERSITY CMPC CEUS**

Diversity in Sport Conference Website

<https://sites.google.com/uncg.edu/disc2021/home?authuser=0>

Contact Us

DiversityinSportConference2021@gmail.com

**Thank you for attending the
2021 Diversity in Sport Conference!**