

26th Annual Midwest Sport and Exercise Psychology Symposium



Hosted By: University of Illinois at Chicago

Final Conference Report

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I. Conference Summary

The 26th Annual MSEPS was given a theme of “Same Game, New Rules” to highlight the ever changing nature of sport and exercise psychology and our effort to stay relevant in addressing societal needs and trends while also paying to homage to the foundational thinkers that laid the groundwork for this field. Over the course of the two days, we prepared a program for students, professionals, and faculty to share knowledge designed to challenge, inspire, and motivate. Our intention was to provide students with opportunities to share their research initiatives, network with faculty, and participate in applied workshops to enhance their knowledge of the field.

We featured three keynote speakers throughout the conference with a common thread of sharing reflective components on their academic development and successes. We were especially proud to welcome three women keynote speakers to highlight the growing diversity of the field, particularly with Dr. Leeja Carter, AASP Diversity chair, as one of our keynotes. Dr. Carter’s speech focused on the growing role of diversity in the field, and how practitioners and researchers can stay relevant and culturally competent in their practices. We also welcomed Dr. Monna Arvinen-Barrow from University of Wisconsin-Milwaukee who focused her talk around the psychology of injury, with the content itself being lesser focus, but more in line with how she, as an academic grew and developed from an early PhD student to her current role. In her presentation she shared key moments and pitfalls that happened along her academic journey and offered key points for academic success now and in the future. Finally, Dr. Amber Shipherd, a first year assistant professor from Eastern Illinois University shared the ins and outs of being a new professor. Her talk highlighted important lessons such as managing work-life balance, how to keep research momentum at a teaching college, and the importance of fostering collaborations and partnerships. In general our written evaluation/feedback indicated these keynote speakers were very well received and offered tangible advice for undergraduate and graduate students.

Our conference also included several other components supporting student development such as applied workshops from professionals, roundtable sessions to discuss early stage research projects, student poster presentations, and student podium presentations. Our applied workshop showcased impressive practitioners in the field doing sport and exercise psych related work. Overall there were 10 applied workshop. A few select topics included: Building personal and social responsibility through PARKOUR, Tools for Teaching Self Awareness in Athletes as they Exercise, “Starting a plan for your professional development” (led by a career development professional in the graduate college at UIC), and Using Mindfulness-Based Biofeedback to Address Performance Anxiety and Parent-Child Communication. A new feature to MSEPS this year was the inclusion of roundtable sessions to discuss early-stage student research projects and get feedback from a group of students and professions. We felt this would be beneficial both to the students who submitted their work, and the audience members because they could participate in identifying strengths and weaknesses associated with carrying out full-fledged studies. We had 8 students lead roundtable discussions on their projects. Student poster presentations another trademark of MSEPS, attracted 15 student presentations this year and featured a mix of

undergraduate and graduate student projects. Finally, there were three submissions for empirical research study podium presentations and featured impressive work. Overall, these and other conference offerings were intentionally designed to foster student growth in the SEP field.

II. Itemized Budget for Award Money

\$500 Grant Awarded by AASP:

- \$300 Honorarium toward keynote - Dr. Monna Arvinen-Barrow
- \$200 Honorarium toward keynote - Dr. Leeja Carter (covered 66% of keynote, other funds used for the full cost)

III. Conference Attendee Information

Number of Attendees: 100

Number of Student Attendees: 79

Number of Professional Attendees: 3

Number of Faculty Attendees: 18

Number of Schools Represented: 18 Universities

Types of Programs Represented: Undergraduate, Graduate-Professional, and Graduate-Research

States Represented: Illinois, Indiana, Iowa, Kentucky, Michigan, New York, Ohio, Pennsylvania, & Wisconsin.

Schools represented:

University of Wisconsin-Milwaukee

University of Wisconsin - Stout

Trinity Christian College

University of Illinois-Chicago

Northern Illinois University

Eastern Illinois University

Northwestern University

DePaul University

Adler University

Illinois State University

Long Island University

Michigan State University

Wayne State University

Eastern Michigan University

Miami of Ohio University
Bowling Green State University
Ball State University
Eastern Kentucky University
Temple University
University of Northern Iowa
Indiana University- Kokomo
Capella University

Number of Student Conference Submissions:

Podium: 7
Poster: 14
Roundtable: 8

Number of Student Conference Submissions Accepted:

Podium: 7
Poster: 14
Roundtable: 8

IV: Conference Program

Friday, February 26th

Time	Event	Location
11-12:30pm	Onsite registration Attendee check-in Parking pass pick up (if pre-ordered)	UIC- Applied Health Sciences Building (AHSB) 1919 W Taylor St, Chicago, IL 60612 7 th Floor
11-12pm	Pre-conference workshop: Dr. Leeja Carter: "But What Can I Do? The Role of Advocacy and Multicultural Awareness in Sport Psychology Consulting within Intercollegiate Athletics"	UIC AHSB Room: 708-710
12:30-1pm	Opening Remarks, Dr. John Coumbe-Lilley Welcome from Dean, Dr. Demetra John	UIC AHSB Room: 708-710
1-2pm	Keynote Speaker, Dr. Monna Arvinen- Barrow (University of Wisconsin Milwaukee): "The Journey through Academia"	UIC AHSB Room: 708-710
2-2:20pm	Podium Presentation #1 Conceptualizing Grit: A Preliminary Investigation with Collegiate Student-Athletes <i>Jessica Ford, MS; Gina Emmer; Jennifer Earl-Boehm, PhD, LAT; & Monna Arvinen-Barrow, PhD, University of Wisconsin-Milwaukee</i>	UIC AHSB Room: 708-710
2:20-2:30pm	<i>Break/moving</i>	UIC AHSB
2:30-3:00pm	Posters and Round Table Session #1 <u>Posters:</u> Understanding flow occurrence: Contributions from the 2x2 achievement goal framework <i>Devan Antczak, Illinois State University</i> An Analysis of Mental Skills Profiles from a National Rugby Team Player Pool <i>Benjamin Britto, Emily Jamroz, Justin Studler & John Coumbe-Lilley, PhD, University of Illinois-Chicago</i> The Relationship between Sport Specialization and Mental Toughness <i>Jacob Digmann & Courtney Buhrow, University of Northern Iowa</i> Person before Athlete before Fencer	UIC AHSB Poster Room A: 717 Roundtable Room: 713-715

	<p><i>Ina Harizanova, Psy. D., Private Practice</i></p> <p>The Effects of Athletes' Perceived Athletic Ability on attitudes toward Athletic Trainers and Sport <i>Kenneth Ildefonso, MA, ATC¹, Jedediah Blanton PhD², Cheryl Durwin PhD³, Monna Arvinen-Barrow, PhD, and Cindra Kamphoff, PhD¹, ¹Minnesota State University, Mankato, ²University of Tennessee, ³Southern Connecticut State University, ⁴University of Wisconsin-Milwaukee</i></p> <p>Losing in High School Sport: The Experiences of Former High School Athletes <i>Elizabeth R. Lieblein, Robin S. Vealey, Ph.D., & Valeria J. Freysinger, Ph.D., Miami University</i></p> <p>The Glass Ceiling Has Turned to Concrete: Upward Mobility Perceptions of Women of Color in Senior-Level College Athletic Administration Positions <i>Miriam Merrill, Temple University, Michael L. Sachs, Temple University, Niteesa Brooks, Long Island University- Brooklyn</i></p> <p><u>Round Tables:</u></p> <p>Psychosocial Predictors of College Student Athlete Multidimensional Success <i>Brigid Byrd, Wayne State University</i></p> <p>The Effects of Daily Interactions on Athlete's Self-efficacy and Rehab Outcome <i>Leroy Carhart IV, Kayleigh Helgeson, & Robert Rathje, University of Northern Iowa</i></p> <p>The Effects of Imagery on Strength Training Performance <i>Morgan Eckenrod, Miami University</i></p> <p>Are We Oppressing Ourselves? Identity Verification in Female Sport Professionals <i>Elizabeth Goodwin, Miami University</i></p>	
3-3:15pm	<i>Break/moving</i>	
3:15-3:45pm	<p>Posters and Roundtables Session #2</p> <p>Visual Anthropology: A Unit of Brotherhood in Gaelic Football <i>Lindsey Miozzi and John Coumbe-Lilley, PhD. University of Illinois at Chicago</i></p> <p>Effects of Immediate Family Presence on Sport Performance</p>	<p>UIC AHSB Poster room B: 722 Roundtable Room: 713-715</p>

	<p><i>Jessie Pauley & Brandt Becker, University of Northern Iowa</i></p> <p>Capoeira in Ireland <i>Jared Ramer, University of Illinois at Chicago</i></p> <p>William H. Brown Elementary School Exercise and Nutrition Program Increases Cardiorespiratory Fitness and Knowledge <i>Shah DP, Singson-Tantoco VC, Adams M, Hamstra-Wright KL, University of Illinois at Chicago</i></p> <p>A comparison of collegiate athletes, regular exercisers, and non-exercisers: An exploration of the protection against and risk for binge drinking and self-injurious behavior. <i>Erin Snapp, Megan Pejsa-Reitz, Karen Saules, Eastern Michigan University</i></p> <p>Relational Motivation and Athletic Performance <i>Alexandra Szarabajko and Jonathan S. Gore, Eastern Kentucky University</i></p> <p>The Effect of Biofeedback Training on One Repetition Maximum Chest Press Performance <i>Joann C. Wakefield & Amber M. Shipherd, Eastern Illinois University</i></p> <p><u>Roundtables 2</u></p> <p>The Influence of Coaches' Communication of Substitution Decisions on Young Athletes' Self-Efficacy <i>Cassandra Santerre, Michigan State University</i></p> <p>Investigating Physical Self-Concept and Quality of Life in Student Veterans through Focus-Group Interviews <i>Carl Sounders, Long Island University</i></p> <p>Coach Perceptions of NFHS Online Captain's Clinic: Advantages and Barriers to Use <i>Lauren Walker, Michigan State University</i></p> <p>Gardening and Positive Youth Development <i>Frank Wawryzniak, University of Illinois-Chicago</i></p>	
3:45-4pm	<i>Break/moving</i>	
4:10-4:40pm	<p>Podium presentations #2</p> <p>Congruency between coach and athlete expectations of high school off-season activities: Is sport diversification a realistic option?</p>	UIC AHSB Room: 708-710

	<p><i>Justin DiSanti, M.S., Michigan State University and Dr. Melissa Chase, Miami University</i></p> <p>A qualitative investigation of relative age effects in youth ice hockey <i>Aubrey Sherman & David J. Hancock; Indiana University Kokomo</i></p>	
4:45-5pm	Closing Remarks, MSEPS Committee	UIC AHSB Room 708-710
6-8pm	Dinner- Chicago Style Pizza at Giordano's	Giordano's 815 W Van Buren St #115, Chicago, IL 60607
8pm	Student Social	UIC Student Center East: Illinois Room 750 S Halsted St, Chicago, IL 60607

Saturday, February 27th

Time	Event	Location
8:30-9:30am	<p>Working Breakfast</p> <p>What is your game plan? Starting a plan for your professional development. <i>Theresa Christenson, UIC Assistant Director of Graduate Student Outreach and Career Development</i> Location: PEB Port Center</p> <p>How to Conduct a Job Search <i>Viviana Kabbabe-Thompson, M.Ed., Director, Academic Support & Achievement Program, College of Applied Health Sciences, UIC</i> Location: PEB 117</p> <p>Professionals/Faculty Meeting Location: ASAP</p>	UIC Physical Education Building (PEB) 901. W Roosevelt Chicago, IL 60607
9:30-9:45am	<i>Break/people moving</i>	
9:45-10:15am	Opening Remarks + Icebreaker	UIC PEB Port Center
10:15-11:15am	Keynote Speaker- Dr. Amber Shipherd (Eastern Illinois University): "Tips for pursuing a career in Academia"	UIC PEB Port Center

11:15-11:30am	<i>Break/people moving</i>	
11:30-12:30pm	<p>Applied Workshops Session #1 (Prior sign up required, space limited)</p> <p>Strengthening the Confidence Muscle <i>Amber M. Shipherd, Ph.D., & Joann C. Wakefield, Eastern Illinois University</i></p> <p>Building personal and social responsibility through PARKOUR <i>Lucia Cabrera, Northern Illinois University</i></p> <p>Tools for Teaching Self Awareness in Athletes as they Exercise <i>John Coumbe- Lilley, PhD., University of Illinois-Chicago</i></p> <p>Core Stability: Relaxation for Mobilization and Self Awareness <i>Vered Arbel, MS, ACSM-CPT, University of Illinois-Chicago</i></p> <p>Facilitating healthy behavior change for individuals and communities <i>Lela Fausze, MS, RDN, LDN, UIC Chicago Partnership for Health Promotion</i></p> <p>Using Mindfulness-Based Biofeedback to Address Performance Anxiety and Parent-Child Communication: A Case Study <i>Leeja Carter, Ph.D. and Shydia Snow, M.S.(c), Center for Performance Excellence in Applied Kinesiology (PEAK), Long Island University</i></p>	<p>PEB 117</p> <p>Dance Studio</p> <p>B15 (weight room)</p> <p>Racquetball Court</p> <p>ASAP</p> <p>Port Center</p>
12:30 – 1:30pm	Lunch	UIC Atrium
1:30-2:30pm	<p>Applied Workshops Session #2 (Prior sign up required, space limited)</p> <p>All sessions from 11:30-12:30 repeat</p> <p>One additional workshop offered</p> <p>Special topics in SEP: Theory to practice oral student presentations <i>Genna Antonia Fusco, Scott Graupensperger, Whitney Cissell, Bowling Green State University</i></p>	<p>Various Locations</p> <p>B06</p>

2:30-2:45pm	<i>Break/people moving</i>	
2:45-3:45pm	Keynote Speaker: Dr. Leeja Carter (Long Island University): "Taking It One Step Further: Using Sport Psychology Principles to Influence Health Behavior Change in Women of Color"	UIC PEB Port Center
3:45-4pm	Closing Remarks/ Awards/ Evaluation	UIC PEB Port Center