2015 AASP Regional Conference and 25th Midwest Sport & Exercise Psychology Symposium

# Friday, February 27, 2015

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| 2:00 pm to 3:00 pm | **Registration** |
| 3:00 pm to 3:20 pm | **Welcome**  Assembly Hall, Alumni Center, Ball State University  Dr. Selen Razon, Assistant Professor of Sport and Exercise Psychology  Robert Hilliard, Co-Chair, AASP MSEPS |
| 3:20 pm to 4:20 pm | **Keynote Address**: Creating a Diverse Consulting Career: Applying Sport Psychology Education Across a Variety of Demographics, *Dr. Barbara J. Walker*, *Center for Human Performance*  Introduction: Brianna Leitzelar, Co-Chair, AASP MSEPS |
|  | Break |
| 4:30 pm to 5:30 pm | **Session One:**  4:30: A Study of Mental Toughness (MT) and Aquatic Sport Coach Education  In Four Countries, *Clara Hoffman & John Coumbe-Lilley, University of*  *Illinois Chicago*  4:45: Congruency Between Expectations of High School Coach and Athlete  Off-Season Activities: Is Sport Diversification a Realistic Option?,  *DiSanti, J.S. & Chase, M.A., Miami University*  5:00: The Relationship Between Coaches’ Leadership Behavior and Athletes’  Self-Regulated Learning, *Jordan Goffena & Thelma Horn, Miami*  *University*  5:15: Exploring the Relationships Among Coach Feedback and Athlete Sport-  Confidence and Motivation, *Alisha Sink & Lindsey Blom, Ball State*  *University* |
|  | Break |
| 5:45 pm to 6:45 pm | **Session Two:**  5:45: Effects of Self-Selected Music on Mood and Subsequent Running  Performance, *Nile C. Brandt,& Selen Razon, Ball State University*  6:00: Character Strengths as Predictors of Physical Activity Levels,  Participation Motives and Life Satisfaction, *Joe Kerns, Miami University*  6:15: Toward a Better Peak: Does a Pre-workout Warm-up Improve the  Exercise Affective Experience? Implications for Subsequent Behavioral  Decision-making: Initial Thoughts and Results, *Matthew A. Ladwig &*  *Selen Razon, Ball State University*  6:30: Does Need to Belong Moderate the Association of Peer Relationships  with Basic Psychological Needs in Physical Education?, *Anthony G.*  *Delli Paoli, Michigan State University* |
| 7:15 pm | **Evening Reception**  Cornerstone Center for the Arts, Great Room (2nd floor)  520 E Main St.  Muncie, IN 47305  7:15: Arrival  7:30: Dinner served |
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# Saturday, February 28, 2015

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| 7:30 am to 8:00 am | **Registration** |
| 8:00 am to 8:10 am | **Welcome**  Assembly Hall, Alumni Center, Ball State University  Dr. Lindsey Blom, Associate Professor of Sport and Exercise Psychology  And Coordinator of the Sport and Exercise Psychology  Graduate Program  Brianna Leitzelar, Co-Chair, AASP MSEPS |
| 8:10 am to 8:55 am | **Session Three:**  8:10: Participant Perspectives on How They Are Affected by Character  Concepts Taught in a Positive Youth Development Program, *Shaina*  *Riciputi, Purdue University*  8:25: Achievement Goal Orientation as a Predictor of Sport Involvement and  Perceived Benefits of Sport Involvement: Examination of a Mixture  Model, *Leeann M. Lower, Brian A. Turner, & Jeffrey C. Petersen, The*  *Ohio State University*  8:40: The Influence of Gender and Aggression Tendencies on Acceptance of  Aggression, *Bernadette Compton, Miami University* |
|  | Break |
| 9:10 am to 10:10 am | **Keynote Address:** Change in Higher Education & Kinesiology: Ramifications for the Beginning Sport and Exercise Psychology Professor*, Dr. Jeffrey Martin,* *Professor of Kinesiology at Wayne State University*  Introduction: Robert Hilliard, Co-Chair, AASP MSEPS |
|  | Break |
| 10:30 am to 11:30 am | **Session Four:**  10:30: Validity and Reliability of the Teamwork Scale for Youth, *Tarkington J.*  *Newman, Leeann M. Lower, & Dawn Anderson-Butcher, The Ohio*  *State University*  10:45: It all Comes Down to This! Doing Sport Psych Consulting at the 2014  WRWC. Paris, FR, *John E. Coumbe-Lilley, University of Illinois at*  *Chicago*  11:00: Does Play Work? Preliminary Data examining the Effects of a  Structured Recess on Playground Behavior, *Travis Godbersen, Meg*  *Holliday, Greta Kucher, & William Massey, Concordia University*  *Wisconsin*  11:15: Breaking the Mold: Establishing Healthy and Productive Team Norms,  *Scott Graupensperger & Vikki Krane, Bowling Green State University* |
| 11:30 am to 12:15 pm | **Business Meeting** (Professionals Only)**:**  Meeting Hall 1A  **Student Social** (Students Only): Assembly Hall |
| 12:15 pm to 1:15 pm | Lunch  12:30 Roundtable Discussions  Dr. Lindsey Blom: Working across cultures and continents  Dr. John Coumbe-Lilley: Guidelines for best consulting practices  Dr. Chelsi Day: Running a SEP business  Dr. Deborah Feltz: How do I get into graduate school?  Dr. Lawrence Gerstein & Dr. Stephanie Simon-Dack: Building  interdisciplinary relationships  Dr. Daniel Gould: Working with youth  Dr. Vikki Krane: Conducting qualitative research  Dr. Jeffrey Martin: Publishing in peer reviewed journals |
| 1:15 pm to 2:00 pm | **Poster Session:** Pre-Assembly Hall, Alumni Center, Ball State University  A Pre-to-Post Season Evaluation of Changes in Collegiate Athletes’ Levels  of Burnout: Relationship to Coaches’ Leadership Styles*, Kathleen*  *Mellano & Dr. Thelma Horn, Miami University*  Does Proximity and Housing Location Have an Effect on Recreation Center  Usage?, *Ryan Sala, Nicole Rasky, & Megan Wolfe, West Virginia*  *University*  Exercise and Emotional Arousal Effects on Memory, *Kathryn Larimore,*  *Avery Charron & J.N. Bohannon III, Butler University*  Individuals with Mental Disabilities Participation in Physical Activity: An  Analysis of the Proficiency Sports Program, *Steven Girson, Miami*  *University, Michigan State University*  Negative Peer Influence and Alcohol Norms Predict Alcohol Use in Youth  in a Physical Activity Based Positive Youth Development Program,  *Justice Montgomery, Purdue University*  Profiling The Mental Characteristics of Sub-Elite Marathon Runners,  *Weidner, A., Sagum, Coumbe-Lilley, J.E., & Hamstra-Wright, K.,*  *University of Illinois at Chicago*  The Effect of Perceived Rivalry on Competitiveness Despite Individual  Emotional Intelligence Level, *Nathan D. McGee & Selen Razon, Ball*  *State University*  The Effect of Biofeedback Training on One Repetition Maximum Chest  Press Performance, *Joann C. Wakefield & Amber M. Shipherd,*  *Eastern Illinois University*  Social Norms Predict Alcohol Sipping Behavior among Youth in a Physical  Activity-Based Positive Youth Development Program, *John Baier,*  *Purdue Universit*y |
| 2:00 pm to 2:45 pm | **Professional Panel**  Working Toward an Integrated Future in Sport and Exercise Psychology: *Dr.*  *Damien Clement, West Virginia University; Dr. Megan McDonough, Purdue*  *University; Dr. Kacey Oiness, St.Vincent Sports Performance; Dr. Robin*  *Vealey, Miami University* |
|  | Break |
| 3:00 pm to 4:00 pm | **Session Five**  3:00: A Developmental Examination of Sibling Relationships and Perceived  Sport Competence, *Jordan A. Blazo, Michigan State University*  3:15: Project Director’s View of a Zumba Community Integration Project,  *Andy Walsh, Alex Wallace, Shannon Powers, Selen Razon, & Lindsey*  *Blom, Ball State University*  3:30: Cognitive Strategies Employed During Moderate-Intensity Running:  Psychological and Performance Outcomes in Non-Elite Runners,  *Matthew S. Jones, Bonnie G. Berger, Lynn A. Darby, & David Tobar,*  *Bowling Green State University*  3:45: An Examination of the Sources of Self-Efficacy for Runners throughout  Training: A Mixed Methods Pilot Study, *Amber Shipherd, Eastern Illinois*  *University and Next Level Mind Consulting* |
| 4:00pm | **Closing Remarks**  Dr. Selen Razon, Assistant Professor of Sport and Exercise Psychology  Raffle |