**24th Midwest Sport & Exercise Psychology Symposium**

Jenson Auditorium, 115 Education Building, Bowling Green State University

***Friday February 21***

2:00 – 3:00 Registration

3:00 – 3:20 Welcome

Brad Colwell, Dean, College of Education and Human Development  
Steve Langendorfer, Director, School of Human Movement, Sport, & Leisure Studies

3:20 – 4:20 Keynote Address Moderator: Chelsea Kaunert, BGSU

***Battle Drills and Mental Skills: A Look at Sport Psychology Application within the US Army***, Shannon Baird, Ph.D., Performance Expert, CSF2-Training Center, Joint Base Lewis-McChord, Washington

4:20 – 4:35 Break

4:35 – 5:50 Session 1 Moderator: Reed Kaus, BGSU

4:35 ***Effects of a Mindfulness Meditation Intervention on the Flow Experiences of College Soccer Players***, David Quinones, Miami University

4:50 ***Mindfulness Training as an Intervention for Choking Under Pressure in Sport***, Jenna Hussey, Miami University

5:05 ***Does a Pre-workout Warm-up Facilitate Performance on a Concentration Task?*** Matthew A. Ladwig & Selen Razon, Ball State University

5:20 ***Mental Toughness, Hardiness, and Optimism: The Influence of Psychological Strengths on Physical Activity Participation***, Joseph F. Kerns, Miami University

5:35 ***Influence of Optic Flow on Postural Sway and Free Throw Performance***, Joseph Kennedy, Miami University

5:50 – 6:05 Break

6:05 – 6:50 Session 2 Moderator: Campbell Query, BGSU

***360 Consulting: Program-Change Approaches to Promoting Student-Athlete Performance and Well-Being at the B1G Level***, Eric Martin, Andy Driska, & Ian Cowburn, Michigan State University

6:50 – 7:30 Break

7:30 Dinner – Sam B’s, 163 South Main Street, Downtown Bowling Green

***Saturday February 22***

7:30 – 8:00 Registration

8:00 – 9:15 Session 3 Moderator: Matt Jones, BGSU

8:00 ***Social Desirability and Obesity Bias, Appearance Orientation and Appearance Evaluation Among College Students***, Valerie Heiss, Allie VanDril, Margaret Sullivan, and Dr. Janet Buckworth, The Ohio State University

8:15 ***Social and Self-Perceptions and Posttraumatic Growth in Group Physical Activity for People with Parkinson’s***, Tammy L. Sheehy, Purdue University

8:30 ***Built Environment and Social Effects on College Student Physical Activity Behaviors***, Catherine Rishell, Scott Link, and Sam Zizzi, West Virginia University

8:45 ***Examining Mediational Links between Emotional Intelligence, Peer Leadership Culture, and Perceived Team Cohesion***, Elizabeth A. Brookhouse, Miami University

9:00 ***Associations among a Self-Determination Theory Based Training and Psychosocial Outcomes in a Youth Physical Activity Program***, Lindley McDavid, Purdue University

9:15-9:30 Break

9:30-10:45 Session 4 Moderator: Chelsea Kaunert

9:30 **Affect and Enjoyment Associated with CrossFit Exercise,** Reed Kaus and David Tobar, Bowling Green State University

9:45 ***Dance Injury, Rehabilitation, and the Return to Work***, Molly Doyle, University of Illinois at Chicago

10:00 ***Arousal Responses to Sport Game Film: Pushing Athletes Out of IZOF***, Andrew Masullo, Miami University

10:15 ***Conception of Ability, Self-Efficacy, and Goal Discrepancy in a Running Task***, Christopher R. Hill, Melissa A. Chase, and Karly S. Geller, Miami University

10:30 ***Attitudes of Contact versus Non-Contact Club Sport Athletes towards Professional and Sport Psychological Help Seeking***, Charlotte Koerner, Briana Salter, Dr. Damien Clement, West Virginia University

10:45 – 11:00 Break

11:00 – 11:45 MSEPS Business meeting Moderator: Campbell Query, BGSU

12:00 – 1:00 Lunch, 107N and 108N Eppler Complex

1:00 – 2:00 Professional Panel Moderator: Reed Kaus, BGSU

***Future Directions of Sport & Exercise Psychology*** Bonnie Berger, Bowling Green State University; Dryw Dworsky, Bowling Green State University; Al Smith, Michigan State University; Sam Zizzi, West Virginia University

2:00 – 2:15 Break

2:15 – 3:30 Session 5 Moderator: Campbel Query, BGSU

2:15 ***The Relationships among Youth Running Programs’ Multidimensional Climates and Social Responsibility and Belonging***, Brigid Nash and Jeffrey Martin, Wayne State University

2:30 ***Exercise vs. Physical Activity: Implications of Value-Laden Language for Health promotion***, Jenna M. Marx, M.S., & Dara R. Musher-Eizenman, Ph.D., Bowling Green State University

2:45 ***Positive Illusory Bias in the Physical Domain and Cognitive Functioning among Children with ADHD***, Olufemi A. Oluyedun, Michigan State University

3:00 ***Family, Activity, and Motivation***, Jennifer Cotto, The Ohio State University

3:15 ***Effects of a Supportive Audience on Performance of a Handgrip Squeezing Task***, Brianna Leitzelar, Selen Razon, & Ido Heller, Ball State University; Cindy Book, St. Olaf College

3:30 ***Comparing Drunkorexia across Female Athletes and Non-Athletes***, Marina Galante, Miami University

3:45 Raffle Moderator: Matt Jones & Reed Kaus, BGSU