2006
APA Annual Convention

August 10-13, 2006
New Orleans, LA
# 2006 APA Division 47 Convention Program

## Thursday, August 10

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Chair/1st Author(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am-9:50am</td>
<td><strong>Paper Session: Cognition and Physical Activity</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Perceived Effort and Effort Tolerance: New Developments and Research Directions</td>
<td>Jasmin C. Hutchinson, PhD Emory University</td>
<td>Morial Convention Center Meeting Room 342</td>
</tr>
<tr>
<td></td>
<td>Attentional Strategies and Flow Experiences as a Function of Perceived Exertion and Working Load</td>
<td>Cathleen T. Connolly, MS Florida State University</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Examination of Heading and Neuropsychological Performance in Youth Soccer</td>
<td>Anthony P. Kontos, PhD University of New Orleans</td>
<td></td>
</tr>
<tr>
<td>10am-10:50am</td>
<td><strong>Exercise and Sport Psychology Award Lectures:</strong> Giving Exercise and Sport Psychology Away</td>
<td>Judy Van Raalte, PhD Springfield College 2006 Distinguished Contributions to Exercise and Sport Psychology in Public Interest Award</td>
<td>Morial Convention Center Meeting Room 342</td>
</tr>
<tr>
<td></td>
<td>Self-Efficacy Theory and the Self-Regulation of Exercise Behavior</td>
<td>Jennifer Woodgate, PhD McMaster University 2005 APA Division 47 Dissertation Award</td>
<td></td>
</tr>
<tr>
<td>11am-11:50am</td>
<td>Steven R. Heyman Memorial Address: Omnipresent Elephant in the Locker Room: Sexual Identity and Sport Psychology</td>
<td>Vikki Krane, PhD Bowling Green State University</td>
<td>Morial Convention Center Meeting Room 342</td>
</tr>
<tr>
<td>12pm-12:50pm</td>
<td><strong>Poster Session: Exercise and Sport Psychology</strong></td>
<td>Various</td>
<td>Morial Convention Center Halls E &amp; F</td>
</tr>
<tr>
<td>1pm-1:50pm</td>
<td><strong>Paper Session: Applied Issues in Exercise and Sport Psychology</strong></td>
<td></td>
<td>Morial Convention Center Meeting Room 355</td>
</tr>
<tr>
<td></td>
<td>Effect of Motivational Interviewing for Promoting Fitness and Exercise Adherence Among Police Officers: An Outcome-Based Evaluation</td>
<td>Mark H. Anshel, PhD Middle Tennessee State University</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Surgeons' Mental Skills Project: Carving New Opportunities for Sport Psychologists</td>
<td>Charles H. Brown, PhD FPS Performance</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Internet Usage Patterns and Concerns in Sport and Exercise Psychology</td>
<td>Jack C. Watson, PhD West Virginia University</td>
<td></td>
</tr>
<tr>
<td>2pm-3:50pm</td>
<td><strong>Symposium: Olympic Sport Psychology Service Provision: Perspectives in Preparation for the 2006 Games</strong></td>
<td>Kirsten M. Peterson, PhD (Chair) U.S. Olympic Committee</td>
<td>Morial Convention Center Meeting Room 355</td>
</tr>
<tr>
<td></td>
<td>Road to Olympic Expertise: Ten Years and 10,000 Hours or Time for a New Face?</td>
<td>Peter Haberl, EdD U.S. Olympic Committee</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Working with Coaches for Olympic Success</td>
<td>James Bauman, PhD U.S. Olympic Committee</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sport Psychology in Torino: The Tension Between Team and Individual</td>
<td>Sean C. McCann, PhD U.S. Olympic Committee</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Juggling Multiple Sport Disciplines: An Olympic Challenge</td>
<td>Kirsten M. Peterson, PhD U.S. Olympic Committee</td>
<td></td>
</tr>
</tbody>
</table>

## Friday, August 11

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Chair/1st Author(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8am-8:50am</td>
<td><strong>Business Meeting: Running Psychologists</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10am-11:50am</td>
<td><strong>Executive Committee Meeting</strong></td>
<td></td>
<td>New Orleans Marriot Hotel Audubon Room</td>
</tr>
<tr>
<td>2pm-2:50pm</td>
<td><strong>Business Meeting: APA Division 47</strong></td>
<td></td>
<td>Morial Convention Center Meeting Room 278</td>
</tr>
</tbody>
</table>
### Friday, August 11 (cont’d)

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Chair/1st Author(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3pm-4:50pm</td>
<td>Symposium: Sport Psychology Supervision – How Do We Balance Need and Risk?</td>
<td>Karen D. Cogan, PhD (Chair) University of North Texas</td>
<td>Morial Convention Center Meeting Room 243</td>
</tr>
<tr>
<td></td>
<td>Issues in Sport Psychology Supervision of Graduate Students and New Professionals</td>
<td>Karen D. Cogan, PhD University of North Texas</td>
<td></td>
</tr>
<tr>
<td></td>
<td>It's a Good Idea for Someone Else: Why Independent Practitioners Decline Supervising</td>
<td>Charles H. Brown, PhD FPS Performance</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Supervisee’s Perspective of Supervision</td>
<td>Robert J. Fazio, PhD Hold the Door for Others</td>
<td></td>
</tr>
<tr>
<td>5pm-5:50pm</td>
<td>Presidential Address: Laissez Les Bon Temps Roulez!</td>
<td>Penny McCullagh, PhD California State University – East Bay</td>
<td>New Orleans Marriott Hotel Mardi Gras Ballrooms F &amp; G</td>
</tr>
<tr>
<td>6pm-7:50pm</td>
<td>Social Hour: The 20th Anniversary of Division 47</td>
<td></td>
<td>New Orleans Marriott Hotel La Galeries 6</td>
</tr>
</tbody>
</table>

### Saturday, August 12

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Chair/1st Author(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7am-9:50am</td>
<td>Ray’s Race and Walk: Run for Resilience</td>
<td></td>
<td>Audubon Park</td>
</tr>
<tr>
<td>9am-9:50am</td>
<td>Invited Address: Influence of Color on Motivation and Performance</td>
<td>Andrew J. Elliot, PhD University of Rochester</td>
<td>Morial Convention Center Meeting Rooms 238 &amp; 239</td>
</tr>
<tr>
<td>10am-10:50am</td>
<td>Invited Symposium: Applying Achievement Goal Theory in Sport</td>
<td>Lori Gano-Overway, PhD Bridgewater College; Michelle Magyar, PhD California State University – Long Beach; Christopher M. Spray, PhD Loughborough University</td>
<td></td>
</tr>
<tr>
<td>11am-11:50am</td>
<td>Paper Session: Sport Psychology</td>
<td></td>
<td>Morial Convention Center Meeting Room 341</td>
</tr>
<tr>
<td></td>
<td>Use of Visual and Kinesthetic Mental Imagery for Enhancing the Shooting Performance of Future Military Officers</td>
<td>Taktek Khaled, PhD Royal Military College of Canada</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trash Talk in the Sport Environment</td>
<td>Oliver B. Conmy, MS Florida State University</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gender, Leadership, and Team Cohesion</td>
<td>Peter Papadogiannis, PhD Multi-Health Systems, Inc.</td>
<td></td>
</tr>
<tr>
<td>12pm-1:50pm</td>
<td>Workshop: Applied Exercise Psychology Techniques for Use in Private Practice</td>
<td>Mark H. Anshel, PhD Middle Tennessee State University</td>
<td>Morial Convention Center Meeting Room 346</td>
</tr>
</tbody>
</table>

### Sunday, August 13

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Chair/1st Author(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am-10:50am</td>
<td>Workshop: Showcasing Presentations in Applied Sport and Exercise Psychology</td>
<td>William J. Henderson, PhD</td>
<td>Morial Convention Center Meeting Room 266</td>
</tr>
<tr>
<td></td>
<td>Goal Setting in Sport and Exercise Psychology</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Concentration and Focus in Sport and Exercise Psychology</td>
<td>Kristen D. Dieffenbach, PhD Frostburg State University</td>
<td></td>
</tr>
<tr>
<td>11am-11:50am</td>
<td>Paper Session: Sport Motivation</td>
<td></td>
<td>Morial Convention Center Meeting Room 266</td>
</tr>
<tr>
<td></td>
<td>Examination of High School Coaches Attitudes and Practices</td>
<td>John S. Westerfeld, PhD University of Iowa</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Intergenerational Transmission of Fear of Failure in Young Elite Athletes</td>
<td>Sam S. Sagar, PhD Loughborough University</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Demographic Variables and Constraints to Recreational Sport Participation in Malaysia</td>
<td>Kwame Ampofo-Boateng, PhD University Technology Mara</td>
<td></td>
</tr>
</tbody>
</table>
Successful Fitness Motivation Strategies is written to guide fitness professionals in developing exercise plans that inspire clients at all levels. The author, Dr. Barbara A. Brehm, is a professor of exercise and sport studies, an experienced personal trainer, and a seasoned exercise and health researcher. In the book, Brehm shares her knowledge and expertise on exercise adherence and motivation techniques.

In chapter one, the author begins by defining exercise adherence and motivation and then follows up by asking instructors to take time to reflect upon adherence in their career development, within their organizational mission, and in their professional roles. Understanding the meaning of adherence and motivation are important for trainers, but Dr. Brehm emphasizes that listening to the client adds invaluable insight that is critical to effective outcomes. She highly recommends that trainers truly get to know their clients.

Chapter two discusses the phases of human behavioral change. It provides a five category stages of change model: precontemplation (resistant to change); contemplation (considering change); preparation (planning to change); action (making change); and maintenance (upholding change). She explains how these psychological attitudes affect the client’s exercise level. Evaluating the client’s stage of change helps the trainer know how to encourage individual advancement.

Chapter three covers the interview process necessary for preparing the client’s exercise regime. This process requires active listening and good communication skills. At this stage, the trainer learns the client’s goals, discusses health concerns, discovers the customer’s previous exercise practices, and prepares the consumer for realistic results.

The next two chapters discuss how to build on the initial exercise plan. These chapters cover the psychological aspects of positive reinforcement and encourage trainers to help build self-control, self-efficacy, and self-confidence in their clients. Promoting positive outlooks and teaching effective coping techniques for managing stress are essential for inspiring clients and sustaining adherence. These suggestions and recommendations are designed to create positive psychological growth that evolves the client’s preliminary program into a plan that results in habitual exercise. Educating clients in the psychological gains of exercising merits careful attention.

In the remaining three chapters, Dr. Brehm discusses motivating people in group settings. She provides advice on encouraging clients in clinical groups, in group exercise, and in fitness and health centers. While theses three groups have some similarities, as group instruction sessions, Dr. Brehm addresses each of them individually because each presents its own unique challenges and differences. These groups have different needs and may require varying strategies depending, upon the member’s abilities. Group exercise can have both positive and negative results. Good leadership and instruction enhances the benefits and diminishes the disadvantages associated with group instruction. While strategies may differ from group to group, best practices require using techniques that provide individuals with specific attention within the dynamics of the group.

Throughout the book, the author continues to remind clinicians and trainers that merely because someone requests services from physical trainers doesn’t meant that the requestor is psychologically prepared to act in a meaningful and progressive manner. Client’s psychological readiness is an indication of the approach the clinician can use to guide and enhance progress. This books shows that knowing a client’s psychological approach to exercise and encouraging the client from this stand point can truly have positive influence on the success of the exercise regime and on the client’s overall outlook on life. Effective teaching and motivating techniques enhance learning.

Successful Fitness Motivation Strategies provides professional health and fitness trainers with knowledge that will improve their instruction and training sessions and empower their clients. Creating an environment that promotes active listening skills, positive reinforcement, realistic goal setting, and sound exercise programs will motivate clients to adhere to their plan of action. This book can assist experienced trainers with new approaches for their programs and help newer trainers create and sustain effective ones.

All eight chapters are written in lay terms, with clear definitions for all professional phrases. Each section includes success stories from trainers who have applied the recommended techniques. These stories are followed by easy to read question and answer information. The cover illustration is bright, eye catching, and appealing. The text format is plain and easy to read, with appropriate margin. One criticism of the book is the quality of the illustrations. They are grainy and lack visual appeal.

This books falls under the categories of motivational psychology and the psychological aspects of physical fitness. While the information in Successful Fitness Motivation Strategies is not novel, its application for health and fitness trainers comes when many people need stimulus to exercise. Brehm reminds health and fitness instructors that all clients are individuals with varying stages of behavioral change. Enabling people by encouraging them from the psychological level they are currently at builds confidence and self-esteem and yields far better motivation and adherence. Inspiring people to exercise often requires stimulus and inspiration to create the drive and enthusiasm necessary to sustain faithfulness to movement. This book provides tactics that can help elicit incentive to work out. This volume would be a good addition to any health and fitness trainer’s library. Public, academic, and health libraries supporting health and fitness collections can enhance their collections with this resource that provides a good basis on fitness motivation strategies.
Clinical Sport Psychology will provide readers with an assortment of tools to use in evaluating and working with athletes. The text addresses a range of athletes’ issues in an informed and integrated approach to sport psychology. Rather than focusing on one problem area, one modality of intervention, or one aspect of professional practice, Clinical Sport Psychology blends grounded theory and sound research with effective assessment and intervention practices, presenting empirically informed intervention guidelines specific to various needs of athletes.

Clinical Sport Psychology contains the following features:

- A thorough explanation of the Mindfulness-Acceptance-Commitment (MAC) approach to enhancement of sport performance
- A detailed examination of the empirical support for traditional procedures in sport psychology
- A detailed and practical understanding of the Integrative Model of Athletic Performance (IMAP), which integrates clinical and sport science
- A firm understanding of the Multilevel Classification System for Sport Psychology (MCS-SP), a model to classify the wide range of athletes’ issues
- A clear organizational structure from theory through intervention, including special considerations

With 30 years of ongoing practical experience with professional athletes, the authors present an integrated and holistic approach to clinical sport psychology, guiding readers in understanding, effectively assessing, and appropriately intervening with athletic clientele.
Division 47 Executive Committee

President
Penny McCullagh, Ph.D.
California State University, East Bay
Dept. of Kinesiology and P.E.
25800 Carlos Bee Blvd.
Hayward, CA 94542
Ph: 510-885-3050
Fax: 510-885-2282
penny.mc@csueastbay.edu

Past-President
Frank M. Webbe, Ph.D.
Florida Institute of Technology
School of Psychology
150 W. University Blvd.
Melbourne, FL 32901
Ph: 321-674-8104
Fax: 321-674-7105
webbe@fit.edu

President-Elect
Kirsten Peterson, Ph.D.
U.S. Olympic Committee
Coaching and Sport Science Division
1 Olympic Plaza
Colorado Springs, CO 80909
Ph: 719-866-4722
Fax: 719-866-4850
kirsten.peterson@usoc.org

Secretary/Treasurer
Diane Finley, Ph.D.
Department of Psychology
Prince George's Community College
301 Largo Road
Largo, MD 20774
Ph: 301-322-0889
dfinley@pgcc.edu

Members at Large
Jennifer Carter, Ph.D.
The Ohio State University
Sports Medicine Center
2050 Kenny Road
Columbus, OH 43221
Ph: 614-293-2432
Fax: 614-293-4399
carter.270@osu.edu

Ed Acevedo, Ph.D.
The University of Mississippi
Dept. of Health, Exercise Science, and Recreation Management
215 Turner Center
University, MS 38677
Ph: 662-915-5563
Fax: 662-915-5525
eacevedo@olemiss.edu

Council Representative
William D. Parham, Ph.D., ABPP
UCLA
Student Psychological Services
John Wooden Center West
221 Westwood Plaza
Los Angeles, California 90095
Ph: 310-825-0768
Fax: 310-206-7365
wparham@spu.ucla.edu

Student Representative
Trent Devore, B.S.
Florida Institute of Technology
School of Psychology
150 W. University Blvd.
Melbourne, FL 32901
Ph: 321-674-8104
Fax: 321-674-7105
tdevore@fit.edu

Division 47 Program Chair
David Conroy, Ph.D.
Department of Kinesiology
The Pennsylvania State University
266 Recreation Building
University Park, PA 16802-5701
Ph: (814) 863-3451
Fax: (814) 865-1275
david-conroy@psu.edu

Division 47 Program Chair
Robert J. Harmison, Ph.D.
Argosy University/Phoenix
Sport-Exercise Psychology Program
2233 W. Dunlap Ave.
Phoenix, AZ 85021
Ph: 602-216-2600
Fax: 602-216-2601
rharmison@argosyu.edu

Division 47, Exercise & Sport Psychology, American Psychological Association
Robert J. Harmison, Ph.D., Editor
Argosy University/Phoenix
Dept. of Sport-Exercise Psychology
2233 W. Dunlap Ave., Suite 150
Phoenix, AZ 85021