### **Curriculum Vita**

### LINDSEY C. BLOM (GROSSMAN)

Ball State University School of Physical Education, Sport, and Exercise Science Muncie, IN 47306 Work: 765.285.5130

E-mail: LCBLOM@bsu.edu

### **EDUCATION**

Ed.D. Sport and Exercise Psychology, (May, 2005)

West Virginia University, Morgantown, WV

Dissertation Topic: The Coach-Athlete Dyad: The Impact of Educational Interventions on

Perceptions and Psychosocial Variables (Jack Watson, Ph.D. Chair)

M.A. Counseling Education, (December, 2004)

West Virginia University, Morgantown, WV

Internship: Fairmont State Counseling Center (Supervisor: Kat Stevens)

Practicum: Chestnut Ridge Day Hospital of WVU Hospitals (Supervisor: Michelle Hewitt, M.A.)

M.S. Kinesiology, emphasis in Sport Psychology (May, 2001)

Georgia Southern University, Statesboro, GA

Thesis Topic: "High School Athletes' Perceptions about Sport Psychology and Preferences for

Service" (Charles Hardy, Ph.D., Chair)

B.S. Psychology (May, 1999), Summa Cum Laude

Georgia Southern University, Statesboro, GA

### **ACADEMIC POSITIONS**

Associate Professor, Sport & Exercise Psychology

Ball State University, School of Physical Education, Sport, Exercise Science, Muncie, IN

Dates of Hire: August 2008- May 2012 (Assistant); May 2012 – current (Associate)

Graduate Coordinator, Sport and Exercise Psychology Program, August 2009- current

Undergraduate Course Taught: Psychological and Social Issues of Sport

Graduate Courses Taught: Psychology of Exercise and Health, Foundation of Research Methods,

Group Process in Sport, Research Applications for Sport Administrators, Introduction to Sport

Psychology, Special Topic: Psychology of Youth Sport and Physical Activity

Assistant Professor, Coaching Education

University of Southern Mississippi, School of Human Performance and Recreation, Hattiesburg, MS

Dates of Hire: August 2005- July 2008

Sport Coaching Education Undergraduate Program Coordinator, August 2006- July 2008

Sport Coaching Education Graduate Program Coordinator, August 2007- July 2008

Undergraduate Courses Taught: Sport Psychology, Exercise Psychology, Senior Capstone,

Competitive Youth Sports

Graduate Courses Taught: Sport Psychology, Advanced Sport Coaching Methodology

Graduate Teaching Assistant, Center for Women's Studies

West Virginia University, Morgantown, WV

Dates of Hire: August 2004-May 2005

Undergraduate Courses Taught: Introduction to Women's Studies

Graduate Teaching Assistant, School of Physical Education

West Virginia University, Morgantown, WV

Dates of Hire: August 2001-May 2004

Undergraduate Courses Taught: Psychological Perspectives of Sport; Sport in North American

Society

Graduate Research Lab Associate, Sport Psychology Program

Georgia Southern University, Statesboro, GA

Dates of Hire: August 1999- May 2001

Duties: Edited and reviewed research, Supervised undergraduate assistant, Maintained lab equipment

Graduate Teaching Assistant, Department of Health and Kinesiology

Georgia Southern University, Statesboro, GA

Dates of Hire: August 1999- May 2001

Undergraduate Classes Taught- Beginning Volleyball, Jogging, Body Conditioning, Intermediate Soccer

### **PUBLICATIONS**

#### **BOOKS:**

**Blom, L. C.,** Visek, A., & Harris, B. (in press, Fall 2012). Youth sport consulting ethics. In J. Watson and E. Etzel (Eds.), *Ethical Issues in Sport, Exercise, and Performance Psychology*. Morgantown, WV: Fitness Information Technology.

Blom, L. & Blom, T. (2009). Survival guide to coaching youth soccer. Champaign, IL: Human Kinetics.

### **BOOK SECTIONS:**

- **Blom, L.C.,** Visek, A., & Harris, B. (in press, Fall 2012). Youth sport consulting ethics. In J. Watson and E. Etzel (Eds.), *Ethical Issues in Sport, Exercise, and Performance Psychology*. Morgantown, WV: Fitness Information Technology.
- **Blom, L.C.** (2011). Psychological aspects of rehabilitation. In M. Higgins (Ed.), *Therapeutic exercise from theory to practice*, pp 35-53. Philadelphia: F.A. Davis.
- Burke, K.L. & **Blom, L.C.** (2006). On-line sport psychology courses. In M.L. Sachs, K.L. Burke, & D.C. Schrader (Eds.), *Directory of Graduate Programs in Applied Sport Psychology*. Morgantown, WV: Fitness Information Technology, Inc.
- Burke, K.L., Granito, V.J., **Blom, L.C.,** & Sachs, M.L. (2006). Surfing the net. In M.L. Sachs, K.L. Burke, & D.C. Schrader (Eds.), *Directory of Graduate Programs in Applied Sport Psychology*. Morgantown, WV: Fitness Information Technology, Inc.

#### PEER-REVIEWED JOURNAL ARTICLES:

- Colvin\*, T. R., **Blom, L. C.**, & Bastin\*, C. (in press, Fall 2012). The Impact of Season Success on New Coach-Athlete Relationships: A Pilot Study. *Journal of the Study of Sports and Athletes in Education* 6(3).
- Hudson, G., Alvarez, J., **Blom, L. C.,** Zhang, L., & Kolbo, J. (in press, 2012). The Association between Fitness and School Test Scores, Attendance, and Discipline among Mississippi Students. *MSAHPERD Journal*.
- Neelis\*, L., **Blom, L.,** Drane, D., Shelley, K., Speed, N., & Phillips, D. (2012). NCAA division I head softball coaches' confidence, openness, and stigma tolerance toward sport psychology consultants. *Journal of Contemporary Athletics*, 6(1), 51-68.
- **Blom, L.C.,** Pierce, D., Nagelkirk, P., Whitmore\*, A., & Kaiser\*, L. (2012). The effects of a wellness camp on children's health-related quality of life. *IAHPERD Journal*, 2, 31-35.
- Judge, L. W., Bellar, D., Blom, L., Lee, D., Harris, B., Turk, M., McAtee, G., & Johnson, J. (2012).
  Perceived social support from strength and conditioning coaches among injured student athletes,
  Journal of Strength & Conditioning Research. 26(4), 1154-1161.
- Halbrook\*, M., **Blom, L. C.,** Bell, R., Hurley, K., & Holden, J. (Spring 2012). The Relationships among Gender, Individual Motivation Type and Perceived Team Cohesion. *Journal of Sport Behavior*, 35(1), 61 76.
- **Blom, L.C.,** Abrell, L., Wilson, M.J., Lape J., Halbrook, M., & Judge, LW. (2011, June). Working with Male Athletes: The Experiences of American Female Head Coaches. *ICHPER-SD Journal of Research*, 6(1), 36-43.
- **Blom, L.C.**, Alvarez, J., Zhang, L., & Kolbo, J. (2011, June). Associations between Fitness and Academics and Behavior Performance among Public School Students. *ICHPER-SD Journal of Research*, 6(1), 28-34.
- Yordy, B., Pierce, D.A., **Blom, L.C.**, & Bussell, L.A. (2011). Launching alternative revenue generating programs in interscholastic athletics." *Indiana AHPERD Journal*, 40(1), 3-7.
- **Blom, L. C.,** Watson, J., & Spadaro, N. (2010). Understanding the Coach-Athlete Dyad: The Impact of Educational Interventions on Perceptions and Psychosocial Variables. *Athletic Insight*, 12 (3). Retrieved from <a href="http://www.athleticinsight.com/Vol12Iss3/Feature.htm">http://www.athleticinsight.com/Vol12Iss3/Feature.htm</a>
- **Blom, L. C.**, Wininger, S. R., Zakrajsek, R., & Kirkpatrick, K. (2010). Coaches' perceived knowledge of the national standards for sport coaches: Insights into coach development. *Journal of Coaching Education*, (3)3 [online].
- Cottingham II, M., **Blom, L.,** Burchell, S., & Johnson, J. (2010). Understanding the relationships among social cohesion, the coach-athlete relationship, and socioeconomic status of high school softball and baseball players. *Journal for the Study of Sports and Athletes in Education*, 4(1), 9-22.
- Zizzi, S., Blom, L.C., Watson, J., Downey, V., & Geer, J. (2009). Establishing a hierarchy

- of psychological skills: Coaches, athletic trainers, and psychologists' uses and perceptions of psychological skills training. *Athletic Insight 11*(2), <a href="http://www.athleticinsight.com/">http://www.athleticinsight.com/</a>.
- Watson, J.C., Clement, D., **Blom, L.C.,** & Grindley, E. (2009). Mentoring: Processes and perceptions of sport and exercise psychology graduate students. *Journal of Applied Sport Psychology*, 21(2), 231-246.
- Keeler, L.A., Etzel, E.F., & **Blom, L.C.** (2009). Validation of a brief assessment of training recovery and stress in sport. *Athletic Insight*, 11(1) <a href="http://www.athleticinsight.com/">http://www.athleticinsight.com/</a>.
- Visek, A.J., Harris, B.S., & **Blom, L.C.** (2009). Doing sport psychology: A youth sport consultation model for practitioners. *The Sport Psychologist*, *23*, 271-291.
- **Blom, L.C.** & Drane, D. (2008). Parents' sideline comments: Exploring the reality of a growing issue. *Athletic Insight*, 10(3), http://www.athleticinsight.com/
- Kolbo, J.R., Armstrong, M.G., **Blom, L.C.,** Bounds, W., Dickerson, H., Harbaugh, B., Molaison, E.F., & Zhang, L. (2008, August). Prevalence of overweight among children and youth in Mississippi: Current trends in weight status. *Journal of The Mississippi State Medical Association*, 49, 231-237.
- **Blom, L.C.**, Blom, T.J, & Neelis, L. (2008). Integrating sport psychology into youth sport coaching. *Journal of Youth Sports*, *3*, 17-23.
- Harbaugh, B.L., Jordan-Welch, M., Bounds, W., **Blom, L.** & Fisher, W. (2007). Nurses and families rising to the challenge of childhood overweight. *The Nurse Practitioner*, 23(3), 31-35.
- Smisson, C.P., Burke, K.L., Joyner, A.B., Munkasy, B.A. & **Blom, L.C.** (2007). Spectators' perceptions of momentum and personal control: Testing the Antecedents-Consequences Model." *Athletic Insight, 9*, <a href="http://www.athleticinsight.com/">http://www.athleticinsight.com/</a>
- **Blom, L.C.,** Hardy, C.J., Burke, K.L. & Joyner, A.B. (2003). High school athletes' perceptions about sport psychology and preferences for service. *International Sports Journal*, 7(2), 18-24.
- Grisaffe, C., **Blom, L.C.,** & Burke, K.L. (2003). The effects of head and assistant coaches' uses of humor on collegiate soccer players' evaluation of their coaches. *Journal of Sport Behavior*, 26, 103-108.
- Carboni, J., Burke, K. L., Joyner, A. B., Hardy, C. J., & **Blom, L.C.** (2002). The effects of brief imagery on free throw shooting performance and concentrational style of intercollegiate basketball players: A single subject design. *International Sports Journal*, 6(2), 60-67.

#### **PUBLISHED ABSTRACTS:**

- \*Cottingham, M.P., **Blom, L.C.,** & Hubble-Burchell, S. (2010). "The Impact of Socioeconomic Status on Cohesion and Coach-Athlete Relationships." Supplement to *Research Quarterly for Exercise and Sport, 81*, A-96.
- Visek, A.J., Harris, B.S., & **Blom, L.C.** (2006). Breaking into youth sport: Doing sport psychology with young athletes. *Supplement to Journal of Sport and Exercise Psychology*, 28, S187.

# **FUNDED GRANT PROPOSALS**

The Society for the Study of Peace, Conflict, and Violence: American Psychological Association Peace Psychology Division 48, Co-Investigator (PI- Lawrence Gerstein)

June 2012 – October 2013

Applied for funding to run after-school sport for peace leadership program

Amount Requested: \$2000 Competitive, External Status: Funded \$1621

Cohen Peace Fellowship Program, Faculty Advisor (PI Jacob Cooper, Student)

June 2012 – October 2013

Applied for qualitative study on Jordan coaches' perceptions of sport for peace program

Amount Requested: \$12,690

Competitive, External Status: Funded \$7930

U.S. Department of State, Principal Investigator

September 2011 – October 2013

Funding for Soccer for Peace and Understanding in Jordan

Amount Requested: \$212,738

Competitive, External Status: Funded \$212,738

IN-AHPERD Mini-Grant: Principal Investigator

June 2011 – May 2012

Funding for Elementary School Sport for Peace: Student Leadership Program

Amount Requested: \$1850 Competitive, External

Status: Funded

Blackford County Community Foundation: Co-Investigator (PI- David Pierce)

April 2011 – December 2011

Funding to run a Blackford County youth sport, health and wellness camp

Amount Requested: \$4750 Competitive, External Status: Funded, \$4759

Portland Foundation: Co-Investigator (PI- David Pierce)

April 2011 – December 2011

Funding to run a Jay County youth sport, health and wellness camp

Amount Requested: \$4750 Competitive, External Status: Funded, \$4750

Hollis Fund Grant: Sole Investigator

January 2011- December 2011

Funding for Examining Sport for Development & Peace Initiatives in Youth Sport

Amount Requested: \$500 Competitive, Internal Status: Funded for \$500

#### Association of Applied Sport Psychology, Faculty Adviser

February 2010- April 2010

Funding to host the Midwest Sport and Exercise Psychology Symposium

Amount Requested: \$500 Non-competitive, External Status: Funded for \$500

#### Office of Academic Research and Sponsored Programs Ball State University, Sole Investigator

October 2008

Applied for New Faculty Start-up Funds to assist parent sideline behavior research

Amount Requested: \$1487 Competitive, Internal Status: Funded for \$1250

#### The Bower Foundation, Co-Principle Investigator (PI Jerome Kolbo)

March 2008

Funding to assess and document the implementation and impact of the Committed to Move Quality Physical Education Program for MDE.

Amount Requested: \$134,116

Competitive, External

Status: Funded for \$134, 116

#### The Bower Foundation, Co-Investigator (PI Jerome Kolbo)

March 2007

Funding to continue collection on weight prevalence data throughout Mississippi

Amount Requested: \$82,517 Competitive, External

Status: Funded for \$82, 517

#### Faculty Service Grant, Office of Sponsored Programs, West Virginia University, Secondary Investigator April 2003

Funding to run an Anger Management and Violence Prevention Program with at-risk youths.

Amount Requested: \$12,000

Competitive, Internal

Status: Funded for \$10,000 (received salary)

# The Kellogg Foundation and Office of Service Learning, West Virginia University, Secondary Investigator July 2002

Funding to pilot an anger management and violence prevention program with at-risk youths.

Competitive, Internal

Amount Requested: \$20,000

Status: Funded for \$12,000 (received salary)

# SUBMITTED GRANT PROPOSALS

US Department of State, Co-Investigator, (PI Larry Gerstein)

Submitted: August 2011

Funding for Kyrgyz and Uzbek Women and Youth: Facilitators of Conflict Mitigation

Amount Requested: \$548,308.00

Competitive, External Status: Not funded

Kitselman Community Grant: Co-Investigator (PI Larry Gerstein)

Submitted December 2010

Funding for Elementary School Non-Violence Leadership Training Program

Amount Requested: \$21,288

Competitive, External Status: Not Funded

American Alliance for Health, Physical Education, Recreation and Dance Research Consortium Grant,

Primary Investigator Submitted February 2011

Funding to examine the effect of a mastery-oriented running program for homeless children

Amount Requested: \$7500 Competitive, External Status: Not funded

Cohen Peace Faculty Fellowship, Principal Investigator

Submitted, February 1, 2010

Applied for funding to study youth sport personnel's awareness and application of sport-for-

development and peace programs

Amount Requested: \$13,820

Competitive, External Status: Not Funded

Saucony, Run For Good, Author, Principal Investigator

Submitted, December 12, 2009

Applied for funding to implement and assess a running program for homeless children

Amount Requested: \$9979 Competitive, External Status: Not Funded

American Association for University Women, Principal Investigator

Submitted, November 15, 2009

Title: A Review of the Literature of Spectators Behavior at Youth Sporting Events

Amount Requested: \$6000 Competitive, External Status: Not Funded

Association for Applied Sport Psychology, Principal Investigator

Submitted, March 1, 2009

Applied for funding to pilot a mastery-focused running program with homeless children

Amount Requested: \$3688 Competitive, External Status: Not funded

National Institutes of Health, R21 Exploratory/Developmental Research Grant, Co-Author, Co-Investigator Submitted, June 15, 2007

Applied for funding to develop a two-year multi-disciplinary intervention study to increase physical activity levels and healthy dietary behaviors of low-income preschool children.

Amount Requested: \$394,152

Competitive, External Status: Not funded

Rand Gulf States Policy Institute, Co-Author

Submitted, February 16, 2007

Applied for funding to assess the status of Gulf coast youth sport programs post-Katrina

Amount Requested: \$75,567

Competitive, External Status: Not Funded

US Soccer Foundation, Program Foundation Grant, Primary Author, Principal Investigator

Submitted, November 22, 2006

Applied for the US Soccer Foundation Program Grant to provide resources for the "Partners in Play" positive youth sport program.

Amount Requested: \$90,363

Competitive, External Status: Not Funded

### REFERRED PRESENTATIONS

### **INTERNATIONAL:**

- **Blom, L.C.,** & Wininger, S.R. (2009, November). High School Coaches' Knowledge, Continuing Education Interests, and Sources of Feedback. Paper presented at the International Council for Coach Education Global Coach Conference, Vancouver, British Columbia.
- **Blom, L.C.,** & Drane, D. (2009, June). Understanding American Parents' Comments on the Sidelines. Paper presented at the International Society of Sport Psychology World Congress of Sport Psychology, Marrakesh, Morocco.
- Wilson, M.J. & **Blom, L.C.** (2007, August). A Seminal Examination of the Interaction between Female Coaches and Male Athletes from Three Competitive Levels: Unique Interviews. Paper presented at the European Congress of Sport Psychology, Halkidiki, Greece.
- Visek, A.J., Harris, B.S., & **Blom, L.C.** (2006, June). Breaking into youth sport: Doing sport psychology with young athletes. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Annual Conference, Denver, CO.

- Aoyagi, M.W., Portenga, S.T., **Blom, L.C.,** & Cohen, A. (2005, October). Bridging the theory-practice gulf. Interdisciplinary training to master the art of applying sport psychology science. Paper presented at the AAASP Annual Conference, Vancouver, B.C.
- **Blom, L.C.,** Watson, J., & Spadaro, N. (2005, October). Understanding the Coach-Athlete Dyad: The Impact of Educational Interventions on Perceptions and Psychosocial Variables. Paper presented at the AAASP Annual Conference, Vancouver, B.C.
- Emerson, E.N., Borlabi.W., Lanzillo, J.J., **Grossman, L.C.,** & Hardy, C.J. (1999). Workshop: Team dynamics and focus groups. Workshop Presented at AAASP Annual Conference, Banff, Canada.

#### **NATIONAL:**

- Murray, M., & **Blom, L.C.** (2012, March). "Creating Effective Partnerships with Youth Sport Parents: A Coaches' Workshop". Presentation at the American Alliance for Health, Physical Education, Recreation and Dance national convention, Boston, MA. (# part of conference canceled due to power outgage).
- Harris, B.S., **Blom, L. C.,** & Visek, A. J. (2011, September). "Working within Youth Sports Environments: Ethical Challenges and Solutions for Sport Psychology Practitioners. Presentation presented at the Association of Applied Sport Psychology annual meeting. Honolulu, HI.
- **Blom, L. C.**, Wilson, M. J., \*Lape, J., & \*Abrell, L. (2011, September). "A Qualitative Investigation of Female Head Coaches' Experiences in Working with Male Athletes." Research paper presented at the AASP annual meeting, Honolulu, HI.
- **Blom, L. C.,** Visek, A., & Harris, B. S. (2011, August). "Sport for Peace: Best Practices for Building Peaceful Communities for Children." Research paper presented at the American Psychological Association Convention, Washington, D.C.
- Ritchey, A., Bellar, D., Judge, L.W., Lee, D., **Blom, L.,** Turk, M., Harris, B. (2001, July). "The Role Of The Strength Coach in Providing Social Support Among Injured Student-Athletes. Research paper presented at the National Strength and Conditioning Association, Las Vegas, NV.
- Wilson, M. J., **Blom, L. C.**, & Nuxol-Wilson, L. (2010, May). "Building Great Parent-Player Relationships." Presented at the Athlete Development Summit, Orlando, FL.
- **Blom, L.** C., \*Lape, J., \*Kirkpatrick, K., \*Borlee, C., \*Halbrook, M. (2010, October). "A Review of Research on Spectator Comments at Youth Sporting Events". Paper presented at the Association of Applied Sport Psychology annual meeting, Providence, RI.
- **Blom, L. C.** (2010, October). "Teaching the Millennial Student: Using Group Dynamics Research". Presented at the Association of Applied Sport Psychology annual meeting, Providence, RI, National.
- Keeler, L. A., Clifford, D., & **Blom, L.C**. (2010, August). Initial Exploration of Goal-Orientation for Weight Management." Paper presented at the American Psychological Association Convention in San Diego, CA.
- Cottingham, M., **Blom, L.C.,** & Hubble-Burchell, S. (2010, March). "Understanding the relationships among 8/20/2012

- social cohesion, the coach-athlete relationship, and socioeconomic status of high school softball and baseball players." Paper presented at the AAHPERD National Convention and Exposition in Indianapolis, IN.
- **Blom, L.C.,** & Borlee, C.S. (2009, September). "Exploring the Affects of Coach and Team Conflict on Athletes' Stress and Recovery Levels." Paper presented at the Association of Applied Sport Psychology Annual Conference, Salt Lake City, UT.
- DeLion, J., Bringle, R., **Blom, L.C**. (2009, September). "The Effect of Burnout on Depression in Athletes." Paper presented at the Association of Applied Sport Psychology Annual Conference, Salt Lake City, UT.
- Keeler, L.A., **Blom, L.C.,** & Grindley, E. (2008, September). "Energize It! Learning Group Counseling Techniques To Inject Energy, Direction And Insight Into Your Team Sport Psychology Sessions." Presented at the Association of Applied Sport Psychology Annual Conference, St. Louis, MS.
- Lubker, J.R., **Blom, L.C.,** & Parker, P. (2008, September). "Establishing a Paid Consultation with your University's Athletic Department: Tips from the Trenches." Presented at the Association of Applied Sport Psychology Annual Conference, St. Louis, MS.
- Green, L.B., **Blom, L.C.**, Drane, D., & Green, B. (2007, October). "Psychosocial Benefits of Youth Sports: Pre-Katrina versus Post-Katrina." Paper presented at the Association of Applied Sport Psychology (AASP formerly named AAASP) Annual Conference, Louisville, KY.
- **Blom, L.C.**, Drane, D., & Neelis, L. (2007, October). "Exploration of the Frequency and Intensity of Parental Sideline Behaviors at Youth Sporting Events: The Perspective of League Administrators and Parents. Paper presented at AASP Annual Conference, Louisville, KY.
- **Blom, L.C.,** (2006, September). "Transitioning from Student to Professional: Publish or Perish." Paper presented as part of a symposium entitled "Transitioning from Student to Professional: Peer Mentoring for the First "Real" Job" at AAASP Annual Conference, Miami, FL.
- Visek, A.J., Harris, B.S., & **Blom, L.C.** (2006, September). "Youth Athletes are NOT Miniature Adults: A Comprehensive Guide to Performance Enhancement with Youth Sport." Workshop presented at AAASP Annual Conference, Miami, FL.
- Watson, J.C., Clement, D.C., **Blom, L.C.,** & Grindley, E.J. (2006, September). "An Evaluation of Graduate Student Mentoring Programs in Sport and Exercise Psychology." Paper presented at AAASP Annual Conference, Miami, FL.
- Etzel, E.F., Keeler, L.A., Schmidt, D., & **Blom, L.C.** (2006, August). "Validation of a Brief Assessment of Training Recovery and Stress in Sport." Paper presented at the American Psychology Association (APA) Annual Conference, New Orleans, LA.
- Wilson, M, **Blom, L,** Burke, K.L, & Hawkins, B. (2006, March). "Student-Athlete Perceptions of NCAA Freshman Eligibility: To Play or Delay." Paper presented at the Drake Group Conference, Indianapolis, IN.
- **Blom, L.C.,** Goodrich, D., Dell'Orso, M., & Watson, J. (2004, September). "Comparison of Age and 8/20/2012

- Achievement Goal Orientation on Female Aerobic Class Participants' Exercise Identity and Self-Determined Motivation. Paper presented at the AAASP Annual Conference, Minneapolis, MN.
- Zizzi, S., Parker, P., & **Blom, L.C.** (2004, September). "Evaluating the Effectiveness of a Screening and Intervention Program on Clinic-based Exercise Adherence." Paper presented at the AAASP Annual Conference, Minneapolis, MN.
- Etzel, E., **Blom, L.,** & Downey, V.P. (2003, October). "Use of The Recovery-Stress-Questionnaire Sport (REST-Q) in monitoring overtraining: A preliminary study of collegiate wrestlers." Paper presented at the AAASP Annual Conference, Philadelphia, PA.
- **Blom, L.C.,** Keeler, L., Parker, P. (2003, October). "Interactive approaches to the undergraduate sport psychology classroom: Play to learn." Workshop presented at the AAASP Annual Conference, Philadelphia, PA.
- Downey, V.P., Zizzi, S., Watson, J., **Blom, L.** (2003, October) "Establishing a hierarchy of psychological skills' psychologists' perceptions of competence and effectiveness." Paper presented at the AAASP Annual Conference, Philadelphia, PA.
- **Blom, L.C.** & Etzel, E.F. (2002, November). "Brief assessment of mood to monitor team's mood states throughout season." Paper Presented at AAASP Annual Conference, Tucson, AZ.
- Clark, T., Zizzi, S., Goodrich, D., Parker, P., **Blom, L.,** Grindley, E., Naoi, A. (2002, November) "The development of a community based performance enhancement workshop series: Providing exposure to psychological skills." Paper Presented at AAASP Annual Conference in Tucson, AZ.
- Watson, J.C., **Blom, L.C.,** & Parker, P.M. (2002, November). "Grant writing in sport psychology: Learning from experience." Colloquium Presented at AAASP Annual Conference, Tucson, AZ.
- **Blom, L.C.,** Hardy, C.J., Burke, K.L. & Joyner, A.B. (2001). "High school athletes' perceptions about sport psychology and preferences for service." Paper Presented at AAASP Annual Conference in Orlando, FL.

### **REGIONAL/STATE:**

- Bastin, C., Flippin, K., Woodward, S., Kirkpatrick, K., & **Blom, L. C.,** "Effects of Task Difficulty on Group Cohesion for Fitness Classes", Indiana AHPERD Conference, Indiana AHPERD, Indianapolis, IN. (November 2011).
- **Blom, L. C.,** Bastin, C., Flippin, K., Pasquini, E., & Trejo, B., "Sport for Peace: Student Leadership Program", Indiana AHPERD Conference, Indiana AHPERD, Indianapolis, IN. (November 11, 2011).
- Martin, C.L.L., Speed, N., Gould, T., Krebs, G., **Blom, L.C.,** & Phillips, D. (2009, November). "Physical Education Content Knowledge and Physical Activity Behaviors of High School Students". Paper to be presented at the Mississippi Association for Health, Physical Education, Recreation, and Dance (MSAHPERD) in Biloxi, MS.
- Drane, D. & Blom, L. (2007, April). "The Role of Youth Sports in Post-Trauma Wellness: Implications for

- the Mississippi Gulf Coast." Paper presented at the Southern Sport Management Conference, Troy, AL.
- **Blom, L.C.,** Glover, M., & Gallagher, B. (2007, February). "Youth Sport Parents' Sideline Behaviors: Exploring the Reality of this Growing Issue." Paper presented at the Southern District American Alliance for Health, Physical Education, Recreation, and Dance, Chattanooga, TN.

### **INVITED PRESENTATIONS**

- **Blom, L.C.,** & Schoenstedt, L. (2012, March). "The Sport Parent: THEIR Side of the Story". Presentation at Coaching Day Workshop at the American Alliance for Health, Physical Education, Recreation and Dance national convention, Boston, MA. (# part of conference canceled due to power outgage).
- **Blom, L. C.** (2011, November). "Infusing Values Education into Your Coaching", Pre-convention workshop, presented at the Ohio AHPERD & Midwest District of AAHPERD conference, Columbus, OH.
- **Blom, L. C.** (2011, November). "Promoting Positive Parent Involvement", Pre-convention workshop, presented at the Ohio AHPERD & Midwest District of AAHPERD conference, Columbus, OH.
- **Blom, L.C.** (2009, September). "United We Support: Harnessing the Power of the Parent- Coach Partnership in Youth Sport". Workshop presented at the Sport Psychology Expo, Salt Lake City, UT. (National)
- **Blom, L.C.** (2009, May). "Psychology of Exercise Adherence." Live Internet lecture presented to Korean students and faculty members at Ball State University and Kyunghee University, Suwon, Korea. (Local)
- **Blom, L.C.** (2009, March). "Guidelines for Optimizing the Psychological Benefits of Exercise." Seminar presented to students in an exercise prescription course, Ball State University, Muncie, IN. (Local)
- **Blom. L.C.** (2008, October). "Introduction to Sport and Exercise Psychology." Seminar presented to students in an exercise science introduction course, Ball State University, Muncie, IN. (Local)
- Harbaugh, B., **Blom, L.,** & Kolbo, J. (2008, March) "A Study of Obesity in Preschoolers: Results and Recommendations." Paper presented at the State Association of Mississippi Head Start Centers Spring Conference, Jackson, MS. (State)
- **Blom, L.C.** (2008, January). "Utilizing Sport Psychology: Psychological Skills Training." Presented to participants in the Brazilian Coaches Educational and Cultural Exchange for the School of Human Performance and Recreation at the University of Southern Mississippi, Hattiesburg, MS. (Local)
- **Blom. L.C.** (2007, October). "Making Exercise a Lifetime Habit: Learning How to Enjoy It. Presented to students in a personal wellness course at William Carey University, Hattiesburg, MS. (Local)
- **Blom. L.C.** (2007, September). "Introduction to Sport and Exercise Psychology." Seminar presented to students in an exercise science introduction course, University of Southern Mississippi, Hattiesburg, MS. (Local)
- **Blom. L.C.** (2007, March). "Introduction to Exercise Psychology." Seminar presented to students 8/20/2012

- in an exercise science introduction course, University of Southern Mississippi, Hattiesburg, MS. (Local)
- **Blom, L.C.** (2007, February). "Psychology of Athletic Injuries." Seminar presented to undergraduate students in Athletic Training, University of Southern Mississippi, Hattiesburg, MS. (Local)
- Harbaugh, B., **Blom, L**., Bounds, W., & Johnson, K. (2006, December). "Addressing Child Obesity in Headstart." Invited paper presented at the Region IV Headstart Health Institute, Atlanta, GA. (Regional)
- **Blom, L.C.** (2006, November). "Daily Activities of a Performance Enhancement Consultant." Seminar presented to students in a sport and exercise psychology undergraduate course, University of Southern Mississippi, Hattiesburg, MS. (Local)
- **Blom, L.C.** (2006, October). "Children in the State of Overweight." Invited paper presented as part of a symposium at the Mississippi Nurse Practitioners, Florence, AL. (State/)
- **Blom, L.C.** (2006, October). "Children in the Most Overweight State: Active solutions for overweight children and families." Invited paper presented as part of a symposium at the Mississippi Nurses Association Convention, Florence, AL. (State)
- **Blom, L.C.** (2006, June). "Psychology of Coaching the Female Athlete." Seminar presented to Human Performance and Recreation majors, University of Southern Mississippi, Hattiesburg, MS. (Local)
- **Blom, L.C.** (2006, January). "Psychology of Athletic Injuries." Seminar presented to undergraduate students in Athletic Training, University of Southern Mississippi, Hattiesburg, MS. (Local)
- **Blom, L.C.** (2004, February). "Psychology of Coaching Soccer." Presented at the annual West Virginia Soccer Association Coaches' Conference. (State)

# STUDENT RESEARCH

#### **Doctoral Dissertation Committees:**

- Elizabeth Robinson, **Committee Member**, completed May 2011, School of Music, Ball State University "The Solo Flute Works of Toru Takemitsu: Common Compositional Traits of Voice, Itinerant, and Air"
- Jason Jones, **Committee Member**, completed April 2010, School of Human Performance and Recreation, University of Southern Mississippi "The Use of Physical Cues to Predict the Placement of Penalty Kicks"
- Laurie Neelis, **Co-Chairperson**, completed December 2008, School of Human Performance and Recreation, University of Southern Mississippi "Division I Head Softball Coaches' Use of Sport Psychology Consultants"
- Christina Martin, Committee Member, completed August 2008, School of Human Performance and

Recreation, University of Southern Mississippi "The Relationships among Physical Education Content Knowledge, Health and, Physical Activity Levels in Mississippi 9<sup>th</sup> and 12<sup>th</sup> graders"

#### **Master's Theses/Projects Committees**

- Chelsea Bastin, Thesis, **Chair**, data collection, School of PE, Sport, and Exercise Science Sport and Exercise Psychology, Ball State University, "Perceptions of Using Sport for Development to Help Refugee Children Resettle."
- Adam Van Zee, Research Paper, **Adviser**, in-progress, School of PE, Sport, and Exercise Science-Sport and Exercise Psychology Specialization, Ball State University, "Sport for Peace: Youth Sport Administrations Perspectives"
- Kaleigh Flippin, Thesis, **Chair**, completed July 2012, School of PE, Sport, and Exercise Science- Sport and Exercise Psychology, Ball State University, "Perceived barriers to strength training in college age women"
- Stephen Woodward, Thesis, **Chair**, completed July 2012, School of PE, Sport, and Exercise Science-Sport and Exercise Psychology, Ball State University, "Sources that Predict Leadership Behaviors in Coaches of Athletes with Disabilities"
- Jennifer Lape, Thesis, **Chair**, completed July 2012, School of PE, Sport, and Exercise Science- Sport and Exercise Psychology Specialization, Ball State University, "Exercise as a Treatment for Depression and Anxiety: A Viable Option?"
- Kayla Campbell, Thesis, **Committee Member**, completed April 2012, Clinical Exercise Physiology, Ball State University, "Pre-Bariatric Surgery Physical Activity Intervention"
- Lindsay Martin, Thesis, **Committee Member**, completed December 2011, Family and Consumer Sciences-Nutrition, Ball State University, Theory of Anticipatory Guidance to Effectively Identify Nutrition Education Needs, Eating Disorder Risk and Nutrition Knowledge/Attitudes Among Freshmen and Sophomore Collegiate Athletes"
- Kurtis Kirkpatrick, Thesis, **Committee Member**, completed August 2011 School of PE, Sport, and Exercise Science- Sport and Exercise Psychology Specialization, Ball State University, "The Relationship between Perceived Occupational Stress and Perceived Social Support among Coaches"
- Michelle Trumbull, Research Paper, **Adviser**, completed May 2011, "New Coach-Athlete Relationships: The Impact of a Successful or Non-Successful Competitive Season"
- Meghan Halbrook, Thesis, **Chair**, completed August 2010, School of PE, Sport, and Exercise Science-Sport and Exercise Psychology Specialization, Ball State University, "The Relationships Among Gender, Individual Motivation Type and Perceived Team Cohesion."
- Jessica Lee, Thesis, **Committee Member**, completed April 2010, School of PE, Sport, and Exercise Science- Exercise Physiology, Ball State University "Evaluation of risk factors associated with low bone mineral density."
- Brad Yordy, Creative Project, Committee Member, completed April 2010, School of PE, Sport, and

- Exercise Science- Sport Administration Specialization, Ball State University "Launching Alternative Revenue-Generating Programs at Eastbrook Community Schools."
- Anthony Dinsmore, Thesis, **Committee Member**, completed December 2009, School of PE, Sport, and Exercise Science- Sport Administration Specialization, Ball State University "Understanding Motivation: MLB Players' Performances before and after Signing a Free Agent Contract"
- Lura Abrell, Research Paper, **Advisor**, completed August 2009, School of PE, Sport, and Exercise Science-Physical Education, Ball State University "An Investigation of Women Coaching Men"
- Michael Cottingham, Thesis, **Chair**, completed August 2008, School of Human Performance and Recreation, University of Southern Mississippi "Understanding the Relationships among Social Cohesion, the Coach-Athlete Relationship, and Socioeconomic Status of High School Softball and Baseball Players"
- Marc-Oliver Lux, Research Paper, **Adviser**, completed August 2008, School of Human Performance and Recreation, University of Southern Mississippi "Coaching Behaviors of Tennis Coaches in Germany: How They Keep Their Players Motivated in Practice"

# PROFESSIONAL/NATIONAL SERVICE

- Committee Member, Sport Steering Committee, NASPE, American Association of Heath, Physical Education, Recreation and Dance, March 2012 current
- Task Force Chair, Benefits of Youth Sport, Sport Steering Committee, NASPE, American Association of Heath, Physical Education, Recreation and Dance, March 2012 current
- Committee Member, Public Interest Committee, American Psychological Association- Div 47, February 2012- current
- Committee Member, Thesis Award Committee, Association of Applied Sport Psychology, November 2011current
- Editorial board member, Journal of Contemporary Athletics, September 2011 current
- Journal Article Reviewer, *International Council of Health, Physical Education, Recreation- Sport and Dance Journal of Research*, November 2011- current.
- Journal Article Reviewer, Athletic Insight, August 2010 current
- Journal Article Reviewer, Journal of Coaching Education, February 2007- current
- Member of the United States Olympic Committee Sport Psychology Registry, October 2007- current
- Conference Abstract Reviewer, Association of Applied Sport Psychology, 2012 Conference
- Guest Reviewer, Asian Women Journal, June 2011
- Host of the Midwest Sport and Exercise Psychology Symposium, February 2010
- Abstract Reviewer for the AAHPERD NASPE Program Convention, March 2010- September 2010

Faculty Advisor, Midwest Sport and Exercise Psychology Symposium, August 2009-February 2010

Expo 2009 Program Committee Member, Association of Applied Sport Psychology, May 2008- September 2009

Editorial Board Member, Journal of Coaching Education, February 2007- May 2009

Conference Abstract Review Committee, American Psychological Association-Division 47, 2007

Guest Journal Article Reviewer, The Sport Psychologist, Fall 2006

Mississippi Childhood Obesity Task Force, Mississippi Nurses' Foundation, Summer 2006- Winter 2006

# **UNIVERSITY SERVICE**

Committee Member, University Graduate Education Committee, Fall 2010-current

Subcommittee Chair: Student Awards Fall 2011- current Subcommittee: Faculty Affairs Fall 2010 – Spring 2011 Subcommittee: Thesis Award Fall 2010 – Spring 2011

Ball State University, Muncie, IN

Committee member, Center for Peace and Conflict Studies Board, August 2010 – Present Ball State University, Muncie, IN

Committee member, Cohen Peace Fellowship Award Committee, August 2011 – Present Ball State University, Muncie, IN

Adviser, Ball State University Women's Club Soccer, Spring 2010- current Ball State University, Muncie, IN

Member, Friendship Family for Ball State University International Student, March 2010- August 2011 Rinker Center for International Programs Ball State University, Muncie, IN

Committee Member, Summer Grants, Improve. of Instruction Review Committee, Sept. 2006-March 2007 University of Southern Mississippi, Hattiesburg, MS

Performance Enhancement Consultant for USM Athletic Teams, December 2005-2008 University of Southern Mississippi, Hattiesburg, MS

#### SCHOOL/DEPARTMENT SERVICE

Program Coordinator, Graduate Sport and Exercise Psychology Program, August 2009- current School of Physical Education, Sport, and Exercise Science Ball State University, Muncie, IN

Adviser, Ball State University Sport Psychology Club, fall 2010-current Ball State University, Muncie, IN

Faculty Mentor, School Mentoring Program, August 2010 – Present 8/20/2012

School of Physical Education, Sport, and Exercise Science Ball State University, Muncie, IN

Committee Chair, Ad Hoc American Kinesiology Association Membership Committee, May 2011 - October 2011

School of Physical Education, Sport, and Exercise Science Ball State University, Muncie, IN

Committee Chair, Exercise Psychology Faculty Search Committee, September 2011 – April 2012 School of Physical Education, Sport, and Exercise Science Ball State University, Muncie, IN

Chair, Robert Korsgaard Outstanding Graduate Student Award committee, Spring 2010; Spring 2011, Spring 2012

School of Physical Education, Sport, and Exercise Science Ball State University, Muncie, IN

Member, School Salary Committee, August 2009-August 2010 School of Physical Education, Sport, and Exercise Science Ball State University, Muncie, IN

Member, Sport Administration Tenure-Track Search Committee, January 2010 – March 2010 School of Physical Education, Sport, and Exercise Science Ball State University, Muncie, IN

Member, Faculty Group who completed the NASPE Accreditation Portfolio for the Undergraduate Sport Coaching Education Program. 2006-2008 (accreditation received Fall 2008)
School of Human Performance and Recreation
University of Southern Mississippi, Hattiesburg, MS

Program Coordinator, Undergraduate and Graduate Sport Coaching Education Program, March 2006-August 2008

School of Human Performance and Recreation University of Southern Mississippi, Hattiesburg, MS

Mentor, HPR Graduate Teaching Assistants, Fall 2006-August 2007 School of Human Performance and Recreation University of Southern Mississippi, Hattiesburg, MS

Faculty Advisor, Students in Sport Coaching Club, March 2006- May 2007 School of Human Performance and Recreation University of Southern Mississippi, Hattiesburg, MS

Exhibitor, The University of Southern Mississippi Booth for Graduate Programs in Sport Administration and Coaching Education, Gatorade/Mississippi All-Sports Clinic, Jackson, MS, July 2006

Committee Member, Undergraduate Curriculum, Fall 2005- Spring 2006 School of Human Performance and Recreation University of Southern Mississippi, Hattiesburg, MS

Coordinator, Sport Coaching Education Student Workshop, March 21, 2006 8/20/2012

### **COMMUNITY SERVICE**

Public/community, Burmese Refugee Ministry Steering Committee, St. Luke's UMC, Local, Committee Member

September 2010 - Present

Performance Enhancement Consultant for athletes in Central Indiana May 2009- current

Performance Enhancement Consultant for athletes in southern Mississippi area January 2007- August 2008

Select Soccer Coach, Hattiesburg Youth Soccer Association, Hattiesburg, MS August 2005-July 2007

Select Soccer Coach, West Virginia United, Morgantown, WV March 2002-June 2005

The Shack Neighborhood House, Morgantown, WV

September 2002- March 2004

Developed/implemented an Anger Management Program (PRIDE) for at risk children in 4<sup>th</sup>-8<sup>th</sup> grade

# PERFORMANCE ENHANCEMENT EXPERIENCE

#### **Collegiate Athletics:**

*Clientele:* Women's Soccer, Crew, Softball, Golf teams & individual male and female athletes and coaches from a variety of sports

*Tasks:* Organized and led team psycho-educational sessions; Conducted psychological skills training sessions; Facilitated team building activities; Observed team training sessions and competitions; Conducted assessments and provide feedback; Worked with athletes and coaches on individual performance and personal issues

#### **Corporate Experience:**

Clientele: West Virginia University Health Science Research Department

Tasks: Facilitated and led team building activities and discussions

Supervisor: Ed. Etzel, Ed.D., West Virginia University

#### **Exercise Adherence:**

Clientele: Individual exercisers from the Disease Prevention Program at WVU Hospitals' Human Performance Lab

*Tasks:* Conducted assessments and provided feedback on various exercise adherence related issues; Led semi-structured interviews with individual exercisers; Taught psychological skills such as self-monitoring, goal setting, priority management, cognitive restructuring to individual exercisers; Met informally with exercisers when providing check-ins

Supervisor: Sam Zizzi, Ed.D., West Virginia University

#### **High School:**

Clientele: Girls' and Boys' Soccer teams, Girls' Basketball team, coaches, golfers

*Tasks:* Organized and led team psycho-educational sessions; Conducted psychological skills training sessions; Facilitated team building activities; Observed team's training sessions and competitions; Worked with athletes and coaches on individual performance and personal issues *Supervisor:* Kevin L. Burke, Ph.D., Georgia Southern University

#### Youth:

Clientele: Boys' Hockey team, Boys' Soccer team, individual athletes and coaches *Tasks:* Organize and lead team psycho-educational sessions; Facilitate team building activities; Work with athletes and coaches on individual performance and personal issues *Supervisors:* Sam Zizzi, Ed.D., West Virginia; Kevin Burke, Ph.D., Georgia Southern

#### **CERTIFICATIONS**

United States Olympic Committee Sport Psychology Registry

Certified Consultant, AASP, #226

Double-Goal Coach, Positive Coaching Alliance

National Board for Certified Counselors, #203802

### **TRAINING**

Association of Applied Sport Psychology Mentoring Workshop, 6 hours, September 2011

Google Documents: 3-day workshop, BSU, May 2011

Moving Your Course Online-Policy, Procedure, and Process, BSU, April 2011

Faculty Panel: Assessing Student Learning in Online Courses, BSU, April 2011

Blackboard: Blogs, Discussion Boards, Journals and Wikis, BSU, March 2011

Made for Learning: Apple in Higher Education, Teaching & Learning Advancement, BSU, March 2010

inQsit- Creating Online Surveys, Information Technology Training, BSU, October 2009

Blackboard: Grade Center, Information Technology Training, BSU, September 2009

Clicker Workshop- Using Clickers to Encourage Engaged Learning, Teaching & Learning Advancement, BSU, April 2009

Managing Group Projects, Teaching & Learning Advancement, BSU, April 2009

Video on Demand: Fair Use Clips for Your Classroom, Information Technology Training, BSU, December 2008

The Grants Dollars Trilogy, Part II, Training and Development, Ball State University, November 2008

Horizon Wimba: Live Classroom training, University of Southern Mississippi, January 2007

WebCT Upgrade Pilot Training: Intro to CE 6.0, University of Southern Mississippi, August 2006

Grant Writing Workshop, University of Southern Mississippi, June 2006

# SCHOLASTIC AWARDS/SCHOLARSHIPS

College of Health, University of Southern Mississippi, Emerging Scholar Nomination, 2008

Academic Keys Who's Who in Health Sciences Education, 2006, 2009

Sport Psychology Graduate Student of the Year, West Virginia University, 2003-2004

Arlene G. and Louise Stone Swiger Doctoral Teaching Fellowship, West Virginia University, 2001-2004

President's Service Award, West Virginia University, 2003

American Association of University Women Graduate Scholarship, Georgia Southern University, 2000

Dorothy Hicks Southern Conference Graduate Scholarship, Georgia Southern University, 2000

# PROFESSIONAL SOCIETIES/ORGANIZATIONS

Association for the Advancement of Applied Sport Psychology, 1998-present

American Psychological Association, 2002-present

Division 47: Sport and Exercise Psychology, 2002-present

Division 48: Peace Psychology, 2011-present

National Soccer Coaches Association of America, 2004-present

American Alliance for Health, Physical Education, Recreation, and Dance, 2005-present National Association for Girls & Women in Sport, 2005-present National Association for Sport and Physical Education, 2005- present

Indiana Alliance for Health, PE, Recreation and Dance, 2010-present

International Council for Health, PE, and Recreation-Sport and Dance, 2010-present

North American Society for the Psychology of Sport and Physical Activity, 2006-2010

National Board for Certified Counselors, 2005-2010

American Counseling Association, 2002-2007