

## NCAA Innovations in Research and Practice Grant Program 2015 Grant Recipients

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### **Identity, Leadership, and Success: A Study of Black Male Student-Athletes at the University of Missouri**

**\*Ty-Ron Douglas**, Ph.D., Assistant Professor, Educational, Leadership & Policy Analysis, University of Missouri  
**Kim Lambert**, Associate Athletic Director, Mizzou Athletics  
**Pat A Ivey**, Ph.D., Associate Athletics Director, Mizzou Athletics

*The University of Missouri (MU) Athletic Department has not produced a single Black male Academic All-American student-athlete. While scholars have examined important variables related to the identities of Black male student-athletes nationally, there is much to learn about MU Black male student-athletes. This qualitative study aims to better understand MU Black male student-athletes, their aspirations and the roles MU Athletics can play in leading them toward healthy identity and leadership development. Study findings will be used to help MU Athletics identify programmatic gaps, opportunities, and best practices that can be implemented and shared with other NCAA and professional athletic institutions.*

### **Promoting Identity Development in Student Athletes: There's An App for That**

**\*Paul C. Harris**, Ph.D., Assistant Professor, Curry School of Education, University of Virginia  
**Brian Pusser**, Ph.D., Associate Professor of Higher Education, University of Virginia  
**Phil Gates**, Life Skills Director, Athletics Department, University of Virginia  
**Jim Bauman**, Ph.D., Sport Psychologist, Athletics Department, University of Virginia

*Over-identification with the athletic role can have a variety of negative implications. The goal of this project is to develop and assess the impact of an informational intervention for student-athletes that is delivered through a mobile app. The messages will highlight and reinforce the necessary steps for student-athletes to develop a healthy identity. Alerts will be sent three times per week for 10 weeks.*

### **Detecting Team Potential for Athlete Hazing**

**\*Jay Martin**, Ph.D., Head Coach, Men's Soccer, Professor of Physical Education, Ohio Wesleyan University  
**Simon Clements**, Director, Behavioral Training and Tools, EXACT Sports

*Hazing in sports causes both physical and emotional harm to an athlete as well legal and reputational harm to an athletic program. There is thus strong rationale for preventing hazing and implementing a positive approach to inculcating team cohesion and loyalty. Ohio Wesleyan University and EXACT Sports are developing a psychometrically validated instrument to assess the team culture and potential propensity toward hazing behaviors. This tool will not only enhance the safety of student-athletes, but will provide greater institutional monitoring of the team culture and potential for hazing.*

## **Communication, Consent, and Relationships: What Do They Mean to Student-Athletes?**

**\*Marilyn McNeil**, Ph.D., Vice-President and Director of Athletics, Monmouth University

**Patrick Murray**, Director, Monmouth University Polling Institute, Monmouth University

*No research exists that specifically examines the influences that shape student-athletes' understanding of sexual consent. The Monmouth University Department of Athletics, in conjunction with the MU Polling Institute and other academic departments, will develop an instrument to identify the attitudes and perceptions of sexual consent of student-athletes that can be used to develop appropriate intervention strategies. We will implement an assessment consisting of four focus groups segmented by gender for athletes, and a mirrored sample of non-athletes, followed by a confidential survey of all athletes and a matched sample of non-athletes. A delivery mode for a data based sexual assault prevention strategy will then be identified.*

## **Moving On!: A Physical Activity Transition Program for Student-Athletes**

**\*Erin J. Reifsteck**, Ph.D., Post-Doctoral Research Fellow, Institute to Promote Athlete Health and Wellness, The University of North Carolina at Greensboro

**Diane L. Gill**, Ph.D. Professor, Department of Kinesiology, The University of North Carolina at Greensboro

**DeAnne D. Brooks**, Ph.D., Assistant Professor, Department of Kinesiology, Salem College

*Maintaining healthy levels of physical activity after college can be challenging for many student-athletes. Given the health concerns associated with dropping from high activity to inactivity, evidence-based programs are needed to prepare student-athletes for this transition. We will conduct a pilot study of a physical activity transition program designed to help senior student-athletes transition from highly structured and competitive collegiate athletics to lifestyle physical activity. This research will provide a blueprint to guide university athletics departments in implementing transition programs that foster the long-term health and well-being of their student-athletes through strategies that promote physical activity beyond college sports.*

## **Student-Athlete Career Development**

**\*Judy L. Van Raalte**, Ph.D., Professor of Psychology, Springfield College

**Albert J. Petitpas**, Ph.D., Professor of Psychology, Springfield College

**Britton W. Brewer**, Ph.D., Professor of Psychology, Springfield College

*"NCAA student-athlete" is a foundational career that provides opportunities to develop leadership, communication, teamwork, motivation, and organizational skills. Unfortunately, many student-athletes lag behind their non-athlete peers with regard to career readiness, failing to recognize how sport-related skills are related to the world of work. This innovation-in-practice program is designed to enhance NCAA student-athlete career readiness by: (a) the refinement of an evidence-based pilot program designed for college student-athletes; and (b) a controlled field trial to test the effectiveness of the career program, which will be made available to reach student-athletes across NCAA divisions, geographic regions, and resource availability levels.*