

NCAA Innovations in Research and Practice Grant Program

2016 Grant Recipients

Promoting Positive Parent Involvement: Developing a Novel Online Education Module for Parents of NCAA Student-Athletes

*Travis Dorsch, Ph.D., Utah State University
Miranda Kaye, Ph.D., Pennsylvania State University
Katie Lowe, Ph.D. and Jeffrey Arnett, Ph.D., Clark University

The transition to college athletics coincides with multiple developmental changes during emerging adulthood. Recent work examining parent involvement during this transition suggests higher levels of parental support, contact, academic engagement, and athletic engagement strongly predict diminished emotional and functional independence in student-athletes. NCAA administrators and coaches therefore desire a campus-level mechanism to leverage positive aspects of sport parenting. Our study will build on past work to develop an interactive, online education module for parents of NCAA student-athletes across NCAA Divisions. Importantly, this data-driven, campus-level education module will provide a resource for administrators, coaches, and parents to improve NCAA student-athlete development.

Promoting Healthy Sleep and Circadian Rhythms in Student Athletes: Mental Health, Social Functioning, and Physical Well-Being

*Michael Grandner, Ph.D., and Amy B. Athey, Psy.D., University of Arizona

Sleep has been increasingly identified as important for physical and mental well-being, especially among young adults. The proposed study aims to develop and assess the benefits of a novel sleep health intervention targeted at student athletes. We will assess relationships among sleep, circadian preference, and outcomes including overall mental health, stress, mood, anxiety, social functioning, and physical well-being. We will also determine whether a simple sleep health intervention, with and without the aid of technology, is associated with improvements in mental and physical well-being. We anticipate that improvements in sleep will be correlated with improvements in mental and physical well-being.

Moving On!: Next Steps for Promoting the Long-Term Health and Well-Being of Student-Athletes

*Erin J. Reifsteck, Ph.D. and Lenka H. Shriver, Ph.D., The University of North Carolina at Greensboro
DeAnne D. Brooks, Ed.D., Salem College

Programs promoting lifestyle physical activity and healthy nutrition among student-athletes are rare despite the potential physical and psychosocial consequences of transitioning out of collegiate sport. To address this critical gap, our research team created Moving On!, a program that assists student-athletes with making healthy transitions to life after college sports through theory-based, cognitive-behavioral strategies that foster positive self-perceptions and motivation for physical activity and healthy eating. In this project, we build on our previous NCAA-funded (2015) research by developing and evaluating additional content and user-friendly resources to enhance program efficacy and promote adoption and sustainability of Moving On! at other institutions.

Bodies-in-Motion: Evaluating an Evidence-Based Program to Promote Healthy Body Image and Eating Behaviors in Female Collegiate Athletes

*Dana K. Voelker, Ph.D, West Virginia University
Trent A. Petrie, Ph.D., University of North Texas

Bodies-in-Motion is an evidence-based program that combines effective components of traditional interventions with a contemporary mindful self-compassion approach to promote healthy body image, eating behaviors, and overall well-being in female collegiate athletes. Bodies-in-Motion promotes learning through face-to-face interaction and an ever-expanding social media network that allows athletes to support each other and foster a culture of body acceptance. This project will examine Bodies-in-Motion's feasibility and effectiveness while developing tools, including a Bodies-in-Motion Program Leader Training, to offer the program within any intercollegiate athletic department. Through a train-the-trainer sustainability model, Bodies-in-Motion will support a sport culture that embraces mental health.

*Principal investigator