



# Psychology of Sport and Physical Activity Lab

Our lab explores psychosocial factors of sport and physical activity throughout the lifespan. We employ quantitative and qualitative methods to study *motivation* and *social influence* on the development of sport and physical activity participants, with a focus on character development through sport.

## Research Projects Include:

- parental influence on adolescents' self-handicapping & achievement goal orientations
- basic psychological needs satisfaction and self-theories of ability as predictors of self-handicapping in Division I collegiate athletes
- mixed-method analysis of high school athletes' personal theories of change regarding character in sport
- athlete & coach attitudes toward sport psychology services during global pandemic
- sport-based youth development among children in foster care



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We seek two undergraduate research fellows! Email Dr. Moore if you are interested.