



of the American Alliance for Health, Physical Education, Recreation and Dance

## **AAHPERD RESEARCH GRANT PROGRAM AWARD 2005**

### **The Rest of the Story: Contributions of Women in Sport Psychology**

**INVESTIGATOR** Vikki Krane, Bowling Green State University  
Diane E. Whaley, University of Virginia

**CATEGORY** Established Investigator Grant

#### **ABSTRACT**

The primary purpose of this research was to develop an in-depth understanding of the experiences and contributions of the pioneering female sport psychologists. Using life history methodology, the investigators explored the experiences and contributions of eight women who met the inclusion criteria (i.e., quantity and significance of scholarly publications, leadership in professional associations, influence on a substantial number of graduate students, and 25 years of professional involvement in sport psychology). This methodology allowed exploration and validation of their experiences, as well as a comprehensive understanding of the social influences and contextual backdrop that frames them (Cole & Knowles, 2001). Based on data from the biographical interviews, the investigators developed in-depth profiles of each participant.

Commonalities among the women's experiences include their early involvement in sport or physical activity (which has continued throughout their lives), having family support for their active lifestyles and educational aspirations, an educational background in physical education and/or motor behavior, having strong mentors as graduate students, early involvement in research, strong commitment to professional service, and exceptional dedication to their graduate students. Furthermore, these women sought out applied sport psychology experiences, around mid-career, so that they could provide appropriate mentoring to students in the area. Additional themes include their varied experiences in separate and merged PE programs, the social support they provided each other, and the ability to balance work with family or social life.

#### **FURTHER INFORMATION**

Following research and presentation of results at the 2007 AAHPERD National Convention, the investigators obtained additional data from a focus group interview with all but one of the participants. These data will be analyzed in the near future. Ultimately, they hope to have a series of journal articles about the women interviewed.

**For further information** on the AAHPERD Research Grant Program,  
contact the Research Consortium office at [research@aahtperd.org](mailto:research@aahtperd.org) / (703)476-3415