

Lindsey C. Blom, EdD

Over the past 18 years I have served in various capacities for Ball State University. Currently, I serve in a joint position with the College of Health/School of Kinesiology and Athletics at Ball State University. Within Athletics, I serve as the Senior Associate Athletic Director for Championship Performance, with the role to build a Championship Performance collaborative unit that includes sports medicine, strength and conditioning, nutrition, and mental wellness. For the College of Health, I serve as the Senior Kinesiology Advisor to the Dean and a Professor of Sport and Exercise Psychology. I previously served as Chairperson for the School of Kinesiology and Sport & Exercise Psychology Graduate Program Director. For the past twenty years as a scholar, I have investigated positive youth development through sport and using sport to promote peace at the individual, community, and international levels. Throughout my academic career, I have co-authored over 85 journal articles, book chapters, and a book, Survival Guide for Coaching Youth Soccer, and received over one million dollars in externally funded grants as the principal investigator or Co-PI, with two PI grants related to sport of social change funded by the Department of State Bureau of Educational and Cultural Affairs' SportsUnited program. I am also a Fellow for the Association for Applied Sport Psychology and recently served as the President of the organization. To accompany my educational training and research experience, I have almost 20 years of consulting experience as a certified mental performance consultant (CMPC), working with administrators, coaches, and athletes from the youth to college and elite amateur to professionals, along with playing Division I soccer and coaching youth soccer in Georgia, West Virginia, Mississippi, and Indiana.

Professional Experience

Senior Associate Athletics Director for Championship Performance

October 2023 - Present

NCAA Health Care Administrator

Acting Senior Women's Administrator

Ball State University, Muncie, IN

- Serve on the Athletic Director's Executive Leadership Team;
- Provide vision, strategic planning, and leadership for our Championship Performance health and wellness support for our student-athletes in the areas of Sports Medicine, Strength and Conditioning, Nutrition, and Mental Wellness;
- Serve on the department's capital project committees, specifically leading the Athletic planning for the new \$8 million, 10,000 square foot Eric Foss Championship Performance Center;
- Directly assist in the hiring of coaching staff and administrators department wide, serving on two Athletic Director searches, one Senior Associate AD search, and eight head coaching searches, including football and men's basketball;
- Serve as the Athletic Department liaison to our community hospital partner, IU Health Sports Medicine along with the team physicians and athletic trainers;
- Guide risk management, quality initiatives and compliance on State Board of Health guidelines, student-athlete healthcare documentation, equipment compliance records and emergency action plans (EAPs);
- Serve as supervisor and evaluator for 10 direct full-time employees, including 5 head coaches, Director of Sports Medicine, Director of Strength and Conditioning for Olympic Sports, and Director of Basketball Performance, along with 25 secondary reports and over 20 Graduate Assistants and student workers;
- Serve as the Department's NCAA Health Care Administrator and lead the Department's mental health and wellness committee, including serving on the Mid-American Conference Student-Athlete Well-being Committee;
- Support the Athletic Director and Foundation in interacting and collaborating with Athletic Donors and Alumni;
- Serve as the Athletics liaison for academic services working with the Director of Student-Athlete Support Services and Faculty Athlete Representative; and

- Coordinate with Dean of Students, Counseling Center, Student Health Center, and other campus entities, departments, and staff to develop resources for student-athletes, coaches, and teams that may enhance programming, support, and health or performance-related resources.

Senior Kinesiology Advisor to the Dean

October 2023 — Present

Ball State University, Muncie IN

- Lead the administrator/faculty leadership program;
- Assist with institutional data utilization and strategic thinking, including participation in the Data Literacy Institute;
- Identify and build relationships with between College of Health faculty and Athletics that maximize faculty expertise, student learning opportunities, and science to practice collaborations;
- Meet monthly with the Dean for strategic advising and planning;
- Represent the College at University-wide events;
- Support the Dean around School of Kinesiology fundraising efforts that correspond with the College fundraising goals; and
- Served on the search committee for an Associate Dean.

Chairperson, School of Kinesiology

May 2022 - Oct 2023

Ball State University, Muncie, IN

- Facilitated development of School and program video marketing materials;
- Initiated a new School approach to hiring;
- Led 30+ hours of discussion around P&T and NTL salary/promotion policy, culture, and procedure revisions;
- Created a more welcoming environment and transition for students;
- Collaborated around solutions to support the advising challenges and student success;
- Hired 2 tenure-line faculty, 2 contract faculty, and 1 staff member;
- Identified and removed curriculum barriers for students;
- Coordinated program and School major website updates;
- Developed revisions and reported on the School's Priorities for Action (strategic plan);
- Completed merit reviews for 30+ faculty;
- Increased One Ball State Day annual fundraising initiatives and participation; and
- Developed a focused plan around professional development in inclusive excellence.

Professor of Sport & Exercise Psychology

August 2008 — Present

Ball State University, Muncie, IN

- Professor, Sport & Exercise Psychology August 2019- present
- Associate Professor, Sport & Exercise Psychology August 2012 – 2019
- Assistant Professor, Sport & Exercise Psychology August 2008 – July 2012
- Graduate Coordinator, Sport and Exercise Psychology Program, August 2009 - May 2022

- Graduate Courses Taught: *Psychology of Exercise and Health, Foundation of Research Methods, Group Process in Sport, Research Methods, Sport Psychology, Psychology of Youth Sport and Physical Activity, Practicum in Sport & Exercise Psychology, Sociology of Sport*

Assistant Professor
August 2005 — May 2008

University of Southern Mississippi, Hattiesburg, MS

- 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*

Education

Ed.D. Sport and Exercise Psychology

West Virginia University, Morgantown

M.A. Counseling Education

West Virginia University, Morgantown

M.S. Kinesiology

Georgia Southern University, Statesboro

B.S. Psychology

Georgia Southern University, Statesboro

Select Awards & Recognitions

Fellow- Mid-American Conference Academic Leadership Development Program, Ball State University	Aug 2023 — May 2025
Fellow, Association for Applied Sport Psychology	October 2019
Mid-American Conference (MAC): Outstanding Faculty Award for Student Success	May 2021
Outstanding Teacher (Tenure-Track), School of Kinesiology, Ball State University	May 2021
Distinguished Contributions to Public Interest Award, Society for Sport, Exercise, and Performance Psychology, American Psychological Association-Div. 47	April 2018
Fellow, The Executive Journey Fellowship for Indiana Leaders in Youth Development, Lilly Inc	Aug. 2016 — June 2017
Top 40 Under 40, Inaugural Class, Georgia Southern University	June 2014

Select Keynote/Invited Presentations

Blom, L.C. "Power of an Invitation", Ball State University Spring College of Health & Teachers College Commencement. (May 2024).

Blom, L. C., "Mental Wellness in Youth Sport", Vanderbilt Youth Sports & Health Safety Conference, Vanderbilt Youth Sports Center. (July 2023).

Blom, L. C., "A Seat at the Table: Mental Health and Coach Development", U.S. Center for Coaching Excellence Summit, (June 2023).

Blom, L. C., "Creating a Culture of Mental Wellness in High School Sports & Activities", National Federation for High School Associations (NFHS) Summer Meeting, (June 2023).

Blom, L. C., "Mental Health for High School Coaches", National Federation for High School Associations (NFHS) Executive Directors' Meeting, (January 2023).

Select Publications

Bronk, K., Blom, L.C., Fryatt, S., Maiwo, F.M., Appleton, Y. (2024). Appreciative Inquiry: Guiding Principles for Majority and Minority World Teams Conducting Research in Majority World Countries. *Journal of Youth Development*, 19(4), Article 1. <https://open.clemson.edu/jyd/vol19/iss4/1>

Davis, C., Patel, K., Hussey, K., Blom, L.C., Mohn, C., Myers, K., Braxling, C., & Smith, G. (2024). Applying the Continuum of Trauma Responsiveness to a Sport-Based Youth Development Program. *Peace and Conflict: Journal of Peace Psychology*.

Niemiec, R. M., Blom, L. C., Bronk, K.C., Cheung-Blunden, V., Gerstein, L., Handwerker, S., Nelson, L., & Sherwood, N.R. (2024). International Peace & Character Strengths (Chapter 7). In. R. M. Niemiec (Ed.), *Character Strengths and Peace Psychology*. Switzerland: Springer.

Hansell, A., Voelker, D., Blom, L. C. (2024). Short-Term International Sport for Development and Peace Programs: A Retrospective Analysis and Critique Informed by Stakeholders' Perspectives in a Two-Year Follow-Up. *Journal of Sport for Development*, 12(1), 28-43.

Blom, L.C., Visek, A. J., & Harris, B. S. (2024). Children and adolescents. In S. Razon & M. L. Sachs (Eds.), *Applied exercise psychology: The challenging journey from motivation to adherence*. New York, NY: Routledge.

Hussey, K., Blom, L. C., Huysmans, Z., Volker, D., Moore, M. A. (2023). Trauma-Informed youth sport: Identifying program characteristics and challenges to advance practice. [*Journal of Youth Development*, 18\(3\).](#)

Kroot, A., Blom, L. C., Patel, K., Davis, C., Moore, M. A., Mulvihill, T. M. (2023). Basketball experience: Exploring Nigerian youth coaches' perspectives of grassroots sport for development programming as a tool to enhance well-being. *International Journal of Sport Science & Coaching*, 1-11.

Blake, A., Lebeau, J.-C., Blom, L. C., Burkhart, L., Myers, K. (2023). Social comparison in healthy adult peloton bikers: How visual display of exercise data affects performance. *Journal of Applied Sport Psychology in Research*.

- Blom, L. C., Hilliard, R. C., Gerstein, L. H., Judge, L. W., Vasiloff, O., Ballesteros, J., & Johnson, J. E. (2022). Tajik coaches' experiences in a sport for development program using systems theory: A longitudinal investigation. *Managing Sport and Leisure*, 27.
- Kanan, A. S., Blom, L. C., Gerstein, L. H., Hankemeier, D., Shurigar, B., Ciosek, S. J., & Kroot, A. (2022). A follow-up qualitative study: The lived experiences & perceptions of SDP trained youth sport coaches and teachers from Jordan and Tajikistan with using sports to foster a culture for peace. *Journal of Sport for Development*, 10(1), 40 – 54.
- Harvey, S., Gano-Overway, L., Baghurst, T., Blom, L. C., & Eisenmann, J. (2022). 50 Million Strong™: The Contribution of Sports Coaching. *Research Quarterly in Exercise & Sport*. <https://pubmed.ncbi.nlm.nih.gov/34983325/>
- Gerstein, L. H., Blom, L. C., Banerjee, A., Farello, A., & Crabb, L. (2021). Sport for social change: An action-oriented peace education curriculum. *Peace and Conflict: Journal of Peace Psychology*, 27(2), 160–169. <https://doi.org/10.1037/pac0000518>
- Moore, M. A., Blom, L. C., Califano, Hussey, Farello, Vasiloff, & Gabler. (2021). *Redesigning a youth soccer program: Holistic development of athletes*. *Child and Adolescent Social Work Journal*, 38, 409–421. <https://doi.org/10.1007/s10560-021-00770-z>
- Blom, L. C., Bronk, K. C., Sullivan, M., McConchie, J., Ballesteros, J. & Farello, A. (2020). Peace and development indicators in Liberia youth through Sport for Development. *Peace and Conflict: Journal of Peace Psychology*. doi.org/10.1037/pac0000463
- Sullivan, M., Moore, M., Blom, L. C., & Slater, G. (2020). Relationship between social support and depressive symptoms in collegiate student athletes. *Journal for the Study of Sports and Athletes in Education*, 14(3), 192-209. DOI: 10.1080/19357397.2020.1768034
- Ballesteros, J., Blom, L. C., Capielo, C., Bolin, J., & Aegisdottir, S. (2019). High school athletes' race, personality, expectations, and attitudes regarding sport psychology consulting. *The Journal of Sport Behavior*, 42(3), 253-276.
- Farello, A., Blom, L. C., Mulvihill, T., & Erickson, J. (2019). Understanding female youth refugees' experiences in sport and physical education through the self-determination theory. *Journal of Sport for Development*, 7(13), 55- 72.
- Blom, L.C., Magat, P., & Dichter, H. L. (2019). Grassroots diplomacy through coach education: Americans, Jordanians and Tajiks. *Soccer & Society*. doi.org/10.1080/14660970.2019.1689125
- Darnell, S. C., Whitley, M. A., Camiré, M., Massey, W. V., Blom, L.C., et al. (2019). Systematic review of sport for development literature: Managerial and policy implications. *Journal of Global Sport Management*. doi.org/10.1080/24704067.2019.1671776
- Hilliard, R., Blom, L. C., Sullivan, M. (2019). Positive youth development and citizenship behaviors in young athletes: U.S. and Canadian coaches' perspectives. *The Physical Educator*, 76, 1135-1156. doi.org/10.18666/TPE-2019-V76-I5-8008
- Schulenkorf, N., Giannoulakis, C., & Blom, L. C. (2018). Sustaining commercial viability and community: Management and leverage of a sport-for-development event. *European Sport Management Quarterly*. DOI:10.1080/16184742.2018.1546755
- Whitley, M., Massey, W., Camiré, M., Blom, L.C., et al. (2018). A systematic review of sport for development interventions across six global cities. *Sport Management Review*, 22(2), 181-193.
- Cooper, J., Blom, L. C., Gerstein, L. H., & Hankemeier, D. A. (2016). Soccer for peace in Jordan: A qualitative analysis of program impact. *Journal of Sport for Development*, 4(6), 21- 35.

Akpan, A., Blom, L. C., Bolin, J., & Paulson, S. (2016). Perceptions of beneficial behavior: The impact of a sport-based positive youth development initiative. *Indiana AHPERD Journal*, 45(1), 33 – 38.

Massey, W., Whitley, M, Blom, L. C., & Gerstein, L. (2016). Sport for development and peace: A systems theory perspective on promoting sustainable change. *International Journal of Sport Management and Marketing*. 16, 18 -35.

Blom, L.C., Judge, L, Whitley, M. A., Gerstein, L., Huffman, A., & Hillyer, S. (2015). Sport for development and peace: Experiences conducting domestic and international programs. *Journal of Sport Psychology in Action*, 6(1), 1-16.

Blom, L. C., Gerstein, L, Stedman, K., Judge, L. W., Sink, A., & Pierce, D. (2015). Soccer for peace: Evaluation of in-country workshops with Jordanian coaches. *Journal of Sport for Development*, 3(4), 1- 12.

Select Funded Grants

Coach Beyond- Indiana

June 2024- current

- Funder: Ohio State University LiFe Sports/Susan Crown Foundation
- Funded Amount: \$90,000
- PI: Jerry Reynolds
- Co-PI: Lindsey Blom, Larry Judge, Nick Elam

Muncie Community Schools Conflict Prevention and Resolution Skills Training Program for Support Staff

May 2023 - May 2024

- Funder-Muncie Community School Corporation
- Funded Amount: \$22,262
- PI: Lawrence Gerstein
- Co-PI: Lindsey Blom, Lauren Shaffer, Kiesha Warren-Gordan

Positive Youth Development and Character Formation in the Liberian Context

May 2021 — June 2023

- Agency: L.A.C.E.S. (The World Charity Foundation)
- Funded Amount: \$39,087
- PI: Lindsey Blom

Redefining a Youth Soccer Club: A Positive Youth Development Program

April 2019 — Dec 2021

- Agency: U.S. Soccer Foundation Subaward from Zionsville Youth Soccer Association
- Funded Amount: \$35,321
- PI: Lindsey C. Blom

Leadership through Sports Program for Jammu and Kashmir (India)

Sept. 2018 — July 2019

- Agency: Department of State, U.S. Embassy Delhi
- Funded Amount: \$70,000
- PI: Lindsey C. Blom

Examine and compare the evidence of youth-focused Sport for Development Interventions with non-sport youth development interventions in the United States

May 2017 — Nov 2017

- Agency: Laureus Sport for Good Foundation and the Commonwealth Secretariat

- Funded Amount: \$30,000
- PI: Meredith Whitley
- Co-PI: Lindsey C. Blom

Sport for Social Change: Tajikistan

Sept. 2013- December 2013

- Agency: Department of State Bureau of Educational and Cultural Affairs; SportsUnited
- Funded Amount: \$222,637
- PI: Lindsey C. Blom
- Co-PI: Lawrence Gerstein, Larry Judge, James Johnson

Select Referred Presentations

Hansell, A., Voelker, D., Blom, L. C., España-Pérez, S., Watson, J., Luzynski, C., Dieffenbach, O., Pattson, A., (October 2023). "Short-Term International Sport for Development and Peace Programs: A Retrospective Analysis and Critique Informed by Stakeholders' Perspectives in a Two-Year Follow-Up", Association for Applied Sport Psychology conference.

Bronk, K. C., Blom, L., Fryatt, S., Miawo, M., & Moore, J. (Apr. 2023). "Positive Liberian youth development: An empirically-derived model". Poster presentation at the Society for Research on Adolescence (SRA) annual meeting. San Diego, CA.

Bronk, K. C., Blom, L., Fryatt, S., Miawo, M. & Moore, J. (Mar. 2023). Applying an Appreciative Inquiry to conduct youth development research in majority world countries: Research in Liberia as a case example. Paper symposium for the Society for Research on Child Development (SRCD) biennial meeting. Salt Lake City, UT.

Kroot, A., Blom, L. C., Dombin, C., *Patel, K., *Davis, C. (October 2023). Investigating Nigerian Basketball Coaches' Perceived Personal and Professional Growth Through a Sport for Development Program", Association for Applied Sport Psychology conference.

Huffman, O., Patel, K., Martin, K., Blom, L. C., Lebeau, J.-C., Judge, L. W. (August 4, 2023). "Female Student-Athletes College Transitions: Evolution of Identities and Coping Resources Used", American Psychological Association, Virtual.

Mohn, C., Myers, K. E., Huffman, O. R., & Blom, L. C. (2022, April). "Futsal for Positive Youth Development: A Guide for Implementation". Oral presentation at the Social Justice through Sport and Exercise Psychology Virtual Conference.

Vasiloff, O., Blom, L. C., Walker, K., Judge, L. W., Sadler, E. L. (October 2021). "Examining the Importance and Reasoning Behind Baseball Batters' Pre-bat Routines." Association for Applied Sport Psychology conference.

Bronk, K. C., Blom, L. C., & McConchie, J. (Mar. 2019). "Fostering peace, purpose, and positive development among youth in Liberia." Paper presentation for the Biennial Meeting of the Society for Child Development. Baltimore, MD.

Blom, L. C. (April 2021). "Sport for Development and Peace Programs in Jordan and Tajikistan: Connecting with the UN Sustainable Development Goals", Cohen Peace Conference, Center for Peace and Conflict Studies, Invited, Virtual.

Gerstein, L. H., & Blom, L. (November 10, 2019). "Sport for Social Change: An Action Oriented Peacebuilding Curriculum, Building Sustainable Peace: Ideas, Evidence, Strategies". Presented at the University of Notre Dame, Kroc Institute for International Peace Studies, South Bend, Indiana.

Massey, W., Blom, L. C., Fishers, L., Lee, S., Sappington, R., Carter, L. (October 2019). "Navigating Sport Psychology Research Agendas Centered on Equity, Inclusion, and Social Justice". Presented at the Association for Applied Sport Psychology conference, Portland, OR.

Gretton, T., Blake, A., Skutt, D., & Blom, L. C. (July 2019). "NCAA Division I Coaches' Perceptions of Sport Psychology and Mental Health Service Provision". Presented at the 15th European Congress of Sport and Exercise Psychology, Münster, Germany.

Blom, L. C., Hilliard, R., Gerstein, L., Judge, L., Ballesteros, J., & Johnson, J. (July 2019). "A Longitudinal Mixed-Methods Investigation of Tajik Coaches' Experiences in a Sport for Development Exchange Training Program". Presented at the European Congress of Sport & Exercise Psychology, Münster, Germany.

Darnell, S. C., Whitley, M. A., Camiré, M., Massey, W. V., Blom, L. C., Chawansky, M., & Forde, S. (2017, November). "A Systematic Review of Sport for Development and Peace: Social and Policy Implications". Presented at the North American Society for the Sociology of Sport, Windsor, Ontario.

Giannoulakis, C., Schulenkorf, N., & Blom, L.C. (June 2017). "The role of the change agent event context for sport for development projects". Paper presented at the North American Society for Sport Management, Denver, CO.

Recent Professional Service

School of Kinesiology P&T Committee Chair/College of Health P&T Committee	August 2023 - Present
Advisory Board member, Center for Peace and Conflict Studies, Ball State University	August 2011 — Present
Advisor Mental Health, National High School Federation Sports Medicine Advisory Committee	June 2022- June 2025
Board of Directors, Dream Sports Africa	January 2016 — May 2024
President, Association for Applied Sport Psychology	Oct. 2020 — October 2023
Mental Health First Aid Facilitator, Ball State University	May 2020 — May 2023
Search Committee Member, Director of Athletics, Ball State University	Nov 2022 — February 2023
New Faculty Academy Facilitator, Ball State University	Jan 2017 — August 2021
Diversity Associates Member, Office of Inclusive Excellence, Ball State University	August 2019 — June 2020
Search Committee Member, Director of Athletics, Ball State University	Jan 2018 — March 2018
Committee member, Advisory Council member to Associate Provost of Research	August 2014-May 2018
Committee Member, University Graduate Education Committee, Ball State University	August 2011 – May 2014