

## **Research Opportunities**

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Dr. Lochbaum is an international expert in Sport and Exercise Psychology, is a full professor in Exercise Science, and is currently the TTU Phi Beta Kappa President. His life was transformed by his undergraduate research experiences; thus, he knows the importance of such experiences.

Here is the link to Dr. Lochbaum's TTU webpage – <http://www.depts.ttu.edu/hess/contact/pages/mlochbaum.php>

Here is Dr. Lochbaum. He is the one wearing glasses.



Dr. Lochbaum is seeking undergraduate researchers for the following projects.

### **Motivation in Sport and Physical Activity**

- Dr. Lochbaum is currently involved in two international projects - one in Finland and the other in Chile. Both projects examine sport and physical activity motivations.
- Undergraduate researchers will learn a great deal about
  - motivation theories in sport psychology,
  - the research process, and
  - research synthesis (i.e. meta-analysis).
- Authorship on publications and or presentations is an expected outcome.
- Students in psychology and exercise science are the most likely candidates for this research opportunity.
- This is a great opportunity to learn about sport psychology research.

### **Exercise Psychology – Adult Physical Activity Training Programs and or Youth Physical Activity**

- Dr. Lochbaum is currently a co-investigator on a very large U.S. Department of Education Grant. One aspect of his grant work is conducting adult exercise programs and the other is measuring youth physical activity.
- Undergraduate researchers will learn a great deal about
  - exercise physiology and or psychology (motivation, exercise mood/feeling states),
  - free living collection of human movement via accelerometry,
  - the research process of training studies, and or
  - understanding how to manipulate the public elementary school environment to increase daily youth physical activity.
- A great deal of cutting edge technology supports both aspects of Dr. Lochbaum's research.
- Authorship on publications and or presentations is an expected outcome.
- Students in exercise physiology, psychology, and exercise science are the most likely candidates for this research opportunity.
- Students will be able to focus on the area of most interest with career goals.
- These are tremendous opportunities to work in the "real" world.