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.