

Monique Coffey

HONOURS RESEARCH



Research Focus:

Monique's research aims to investigate the team environment of varsity athletic teams and look at the perceptions of clique members and social isolates within teams. Acadia varsity athletes completed a questionnaire to allow Monique to examine the relationships between team variables, such as team interdependence and team cohesion, and look at the perceptions of those who belong to cliques compared to those who are socially isolated. Monique also conducted interviews to gain a greater understanding of the perceptions of social isolates and clique members within sports teams. By gaining a greater understanding of social roles within teams, sports practitioners may be able to create a more positive and productive team environment for athletes.

About Monique:

Monique grew up in Dauphin, Manitoba. On top of being a varsity rugby player, Monique volunteers with Cardiac Rehab, Best Buddies, Kinderskills and a local Air Cadet squadron. She is in her third year of the Strength and Conditioning Internship and is part of the Exercise and Training Practicum.



Monique's experiences with various sports teams have made her curious about the impact of different team environments on individual team members and overall team performance. The presence of social isolates on sports teams is particularly of interest to her as she has personally experienced feeling socially isolated within a team. After graduating from Acadia, Monique intends to pursue a Masters degree in kinesiology to continue her research in sport psychology while preparing for medical school and playing her final year of varsity rugby.

Supervisor: Chris Shields