



Dr. Tshepang Tshube  
Department of Kinesiology and Health Promotion  
College of Education  
University of Kentucky

### **A biography**

Dr. Tshepang Tshube is a retired elite athlete and an Associate Professor in the Department of Kinesiology and Health Promotion at the University of Kentucky. He graduated with a PhD in Kinesiology from Michigan State University, concentrating on the Psychosocial Aspects of Sport and Physical Activity. Following his graduation in 2014, he moved to Botswana and took a lecturer position at the University of Botswana for nine years.

Dr. Tshube is an active researcher and a practicing sport psychologist. He has published on life skills, mental health, and athletes' retirement transition. He served as a sports psychologist to the Botswana National teams. His first national assignment was the 2015 African Games hosted in Brazzaville, Congo. Botswana won a total of 14 medals (three gold, four silver, and seven bronze). Other roles included the 2018 Commonwealth Games and the 2016 Olympic Games. He has also worked with the national soccer team (The Zebras), which has just qualified for the 2025 African Cup of Nations for the second time in the history of the cup. He worked and traveled with the team to Tunisia and Equatorial Guinea for the qualifier games.

Dr. Tshepang Tshube is part of a team of experts selected to write the International Olympic Committee Consensus Statement on mental health in elite athletes and Youth Athletes Screening. The team is made of experts from a variety of backgrounds, including former Olympic athletes, sports medicine physicians, and researchers.

### **Goal and Vision**

My goal is to develop and promote the field of sport and exercise psychology in low- and middle-income countries, with specific emphasis on Africa. These regions are often underfunded, underrepresented, and sometimes excluded from global sport and exercise activities. I will work with the ISSP

community to advance sport and exercise psychology organizational structure in Africa and other low- and middle-income countries, recruit sport psychologists to join ISSP, and grow the discipline in these regions.

The experience I had serving on the ISSP managing council for the past four years, coupled with my role in the International Olympic Committee expert panel on mental health, is that low- and middle-income countries need to establish their unique and culturally informed sport and exercise psychology programs, research, and consulting. This is not an easy goal to achieve, considering that the region is underfunded and heavily relies on high-income countries. These countries need to be supported to publish in mainstream journals that have access to databases. I will work with the ISSP community to advocate and support sport and exercise psychologists in low- and middle-income countries to write and publish textbooks, published by mainstream top-tier publishers in our area.

In Conclusion, Africa and other low-and middle-income countries form the lowest subscribers to ISSP and other globally recognized sport and exercise psychology associations. I will work with the ISSP community to support an annual sport and exercise psychology conference in Africa and other initiatives to drive membership and grow the ISSP membership.

### **A short statement for online promotion**

Advancing sport and exercise psychology in low and middle-income countries.

### **Position applying for**

Member at Large

North America and Africa

### **University or Professional Website**

<https://education.uky.edu/people/tshepang-tshube>

### **Nominator/Proposer**

Dr. Leapetswe Malete

### **Second**

Dr. Rebecca Wong