

February 26<sup>th</sup>, 2024**CURRICULUM VITAE****Zan Gao, Ph.D.**Professor and Department Head

Department of Kinesiology, Recreation, and Sport Studies  
 The University of Tennessee  
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Director

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 Laboratory  
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 Knoxville, TN 37996-2700  
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**EDUCATION**

- |              |   |           |
|--------------|---|-----------|
| <b>B.Ed.</b> | Hunan Normal University, Changsha, China<br>Major: <u>Physical Education</u>  | 1992-1996 |
| <b>M.Ed.</b> | Beijing Sport University (previously named as Beijing University of Physical Education), Beijing, China<br>Major: <u>Physical Education Teaching and Coaching</u>   | 1996-1999 |
| <b>Ph.D.</b> | Louisiana State University, Baton Rouge, LA, U.S.<br>Major: <u>Kinesiology</u> (Concentration: <i>Pedagogy and Psychological Science of Physical activity</i> )<br>Minor: <u>Experimental Statistics</u><br>Advisors: Louis Harrison, Jr., Ph.D.; Amelia Lee, Ph.D. | 2003-2007 |

**EMPLOYMENT**

- |  |               |
|--|---------------|
| Department of Kinesiology, Recreation, and Sport Studies<br>The University of Tennessee, Knoxville, TN<br>Department Head and Professor<br>Director of Physical Activity Epidemiology Laboratory   | 2023 -present |
| School of Kinesiology, University of Minnesota, Twin Cities, MN<br>Professor with Tenure (2022), Associate Professor with Tenure (2016),<br>Assistant Professor of Physical Activity and Health Promotion;<br>Director of Physical Activity Epidemiology Laboratory;<br>Masonic Cancer Center Member;<br>Center for Heathy Aging and Innovation Member | 2012 - 2023   |
| Texas Tech University, College of Arts & Sciences, Department of Health,<br>Exercise and Sport Sciences. Lubbock, TX.<br>Assistant Professor of Exercise Science   | 2010 - 2012   |
| University of Utah, College of Health, Department of Exercise and Sport<br>Science. Salt Lake City, UT.<br>Assistant Professor of Sports Pedagogy  | 2007 - 2010   |

Adjunct Professor	2010 - 2014
Louisiana State University, Baton Rouge, LA, U.S. Graduate Assistant	2003 - 2007
Football World, Chinese Sports Daily Corporation, Beijing, China Editor/Journalist	1999 - 2002
Beijing Sport University/Beijing Japanese School, Beijing, China Soccer teacher/Coach	1997 - 1999
Chinese Sports Daily, Beijing, China Journalist	1996 - 1997

### **PROFESSIONAL AFFILIATIONS**

2006 - present	American College of Sports Medicine (ACSM)
2004 - present	Society for Health and Physical Educators (previously known as American Alliance of Health, Physical Education, Recreation, and Dance [AAHPERD])
2006 - present	International Chinese Society for Physical Activities and Health (ICSPA)
2014 - present	International Society of Behavioral Nutrition and Physical Activity
2007 - 2017	National Association for Kinesiology in Higher Education (NAKHE)
2021 - 2023	
2015 - 2016	North American Society for Pediatric Exercise Medicine
2004 - 2014	American Association for Physical Activity and Recreation
2009 - 2014	International Council for Health, Physical Education, Recreation, Sport, and Dance
2024 - present	Southeast American College of Sports Medicine
2012 - 2014	Northland American College of Sports Medicine
2004 - 2014	National Association for Sport and Physical Education
2004 - 2014	American Association for Health Education
2009 - 2011	The Society of Chinese Scholars on Exercise Physiology and Fitness
2006 - 2012	American Education Research Association ( <i>Special Interest Group: Research on Learning and Instruction in Physical Education</i> )
2011 - 2012	Texas American College of Sports Medicine
2007 - 2010	Southwest American College of Sports Medicine
2011 - 2012	The International Society for Comparative Physical Education and Sport
2008 - 2009	North American Society for the Psychology of Sport and Physical Activity (NASPSA)
2007 - 2010	Southwest Association for Health, Physical Education, Recreation, and Dance (SWAHPERD)

- 2011 - 2012 Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD)
- 2007 - 2010 Utah Association for Health, Physical Education, Recreation, and Dance (UAHPERD)
- 2004 -2006 Louisiana Association for Health, Physical Education, Recreation, and Dance (LAHPERD)
- 2004 -2006 North American Society for the Sociology of Sports (NASSS)

### **HONORS AND AWARDS FOR RESEARCH/CREATIVE WORK, TEACHING, PUBLIC ENGAGEMENT, AND SERVICE**

#### **External Sources**

- 2024 Society for Health and Physical Educators (SHAPE America) E.B. Henderson Award
- 2023 Included in the *World's Top 2% Scientists from all areas* (Career Impact) (1960-2023) List (Ranked #164,634) and 2023 Impact List (Ranked #46,716)
- 2023 National Academy of Kinesiology Fellow
- 2023 Best Scientists in Social Sciences and Humanities by Research.com (Ranked 4,945 in the world and 2,463 in the U.S.)
- 2022 Included in the *World's Top 2% Scientists from all areas* (Career Impact) (1960-2022) List and 2022 Impact List (Ranked #55,863)
- 2021 "Outstanding Reviewer Contributions in 2020" award of *International Journal of Behavioral Nutrition and Physical Activity* (Impact factor: 7.46)
- 2021 International Chinese Society for Physical Activities and Health Exceptional Service Award
- 2019 Journal of Sports and Health Science Excellent Special Issue Invitation Award (Impact factor: 5.20)
- 2019 Society for Health and Physical Educators (SHAPE America) Graduate Student Research Award (Mentee: *Daniel McDonough*)
- 2019 International Chinese Society for Physical Activities and Health Excellent Leadership Service Award
- 2019 International Chinese Society for Physical Activities and Health Excellent Oral Presentation Award (Mentees: *Daniel McDonough, Xiwen Su*)
- 2018 International Chinese Society for Physical Activities and Health Excellent Oral Presentation Award (Mentee: *Nan Zeng*)
- 2018 International Chinese Society for Physical Activities and Health Excellent Poster Presentation Award (Mentee: *Daniel McDonough*)
- 2017 Society for Health and Physical Educators (SHAPE America) Graduate Student Research Award (Mentee: *Zachary Pope*)
- 2016 International Chinese Society for Physical Activities and Health Excellent Oral Presentation Award (Mentee: *Jung Eun Lee*)

- 2016 International Chinese Society for Physical Activities and Health Excellent Poster Presentation Award (Mentee: *Zachary Pope*)
- 2015 Nominated for University of Minnesota College of Education and Human Development New Career Excellence Award
- 2015 Society for Health and Physical Educators (SHAPE America) Leroy T. Walker Young Professional Award
- 2014 *Journal of Teaching in Physical Education* Exceptional Reviewer Award
- 2013 Fellow, American College of Sports Medicine
- 2013 National Association for Sport and Physical Education Curriculum and Instruction Heitmann Young Scholar Award
- 2011 Fellow, American Alliance for Health, Physical Education, Recreation, and Dance Research Consortium
- 2011 Fellow, A Postgraduate Course on Research Directions & Strategies Physical Activity and Public Health Courses
- 2011 International Chinese Society for Physical Activities and Health Outstanding Service Award
- 2010 Strategic Grant Proposal Writing Certificate by Institute for Strategic Funding Development
- 2010 2010 American Alliance for Health, Physical Education, Recreation, and Dance Graduate Student Research Award (Mentee: *Charles C. Huang*)
- 2009 International Chinese Society for Physical Activities and Health Outstanding Service Award
- 2009 Included into the 2010 Edition of Who's Who in America
- 2009 2009 American Alliance for Health, Physical Education, Recreation, and Dance Mabel Lee Young Scholar Award
- 2009 Co-author, 2009 American Alliance for Health, Physical Education, Recreation, and Dance Graduate Student Research Award (First Author: *Tao Zhang*)
- 2008 Included into the 2008-2009 Cambridge Who's Who Among Executives, Professionals and Entrepreneurs
- 2008 Listed in the AcademicKeys Who's Who in Health Sciences Higher Education (WWHSHE)
- 2008 The 2008 National Association for Kinesiology and Physical Education in Higher Education Hally Beth Poindexter Young Scholar Award
- 2007 2007 American Alliance for Health, Physical Education, Recreation, and Dance Ruth Abernathy Presidential Scholarship Award
- 2006 2006 Graduate Research Award by the American Educational Research Association, Special Interest Group - Research on Learning and Instruction in Physical Education
- 2006-2007 Don Franks President's Challenge Fellowship, Department of Kinesiology, Louisiana State University
- 2006 College of Education Outstanding Students, Louisiana State University

- 2005-2007 Lillian Oleson Scholarship, College of Education, Louisiana State University  
 2005 Louisiana State University Chinese Student and Scholar Association  
 Outstanding Service Award, Baton Rouge, LA  
 2003-2007 Louisiana State University Graduate School Scholars Assistantship  
 Enhancement Awards, Baton Rouge, LA

### **Internal Fellowships**

- 2023 *Suryeon Ryu*, Doctoral Dissertation Fellowship, University of Minnesota (Mentee)  
 2022 *John Oginni*, Grants to Advance Graduate Education Fellowship, College of Education and Human Development, University of Minnesota (Mentee)  
 2020 *Daniel McDonough*, Doctoral Dissertation Fellowship, University of Minnesota (Mentee)  
 2020 *Suryeon Ryu*, Grants to Advance Graduate Education Fellowship, College of Education and Human Development, University of Minnesota (Mentee)  
 2017 *Zachary Pope*, Doctoral Dissertation Fellowship, University of Minnesota (Mentee)

### **Visiting Professorships**

- 2018 - External Research Fellow, Peking University, Beijing, China  
 2018 Visiting Professor, Shandong Sports University, Shandong, China  
 2009 - 2010 Visiting Professor, Graduate School of Beijing Sport University, Beijing, China  
 2011 Visiting Professor, School of Physical Education, Chongqing University, Chongqing, China

### **MANAGERIAL & LEADERSHIP EXPERIENCE AND TRAINING**

- 2023 - present Department Head; Department of Kinesiology, Recreation, and Sport Studies; The University of Tennessee, Knoxville  
 2023 - present Director of Physical Activity Epidemiology Laboratory, The University of Tennessee, Knoxville  
 2019 - 2023 Director of Graduate Studies; Chair of Graduate Education Committee; School of Kinesiology, The University of Minnesota  
 2017 - 2021 Group leader, Physical Activity and Health Emphasis Area, School of Kinesiology, The University of Minnesota  
 2019 - 2023 School Management Team; School of Kinesiology, The University of Minnesota  
 2012 - 2023 Director of Physical Activity Epidemiology Laboratory, The University of Minnesota

- 2022 - 2023 Chair, Faculty Mentoring Committee, Physical Activity and Health Promotion emphasis area; School of Kinesiology, The University of Minnesota
- 2017 - 2020 Finance Committee Member, College of Education and Human Development, The University of Minnesota
- 2022 - 2023 The University Senate's Committees on Committee Member, The University of Minnesota
- 2021 - 2022 The Faculty Senate's Faculty Consultative Committee Member, The University of Minnesota
- 2013 - 2019 The University Senate's Social Concerns Committee Member, The University of Minnesota
- 2013 - 2018 Editor-in-Chief, *Journal of Teaching, Research, and Media in Kinesiology*
- 2019 - present Associate Editor, *Research Quarterly for Exercise and Sport*
- 2018 - present Associate Editor, *Journal of Sport and Health Science*
- 2022 - present Associate Editor, *International Journal of Behavioral Nutrition and Physical Activity*
- 2019 - present Treasurer, Cancer and Prevention Management SIG, International Society of Behavioral Nutrition and Physical Activity
- 2017 - 2018 Chair, International Chinese Society for Physical Activities and Health Executive Committee
- 2015, 2018, 2022 Review Panel Chair, Research Council, Society for Health and Physical Educators annual conference
- 2012-2018 Chair, Website maintenance and ICSPAH promotion committee, International Chinese Society for Physical Activities and Health
- 2019 - present General Secretary/President, Chinese American Association of Minnesota

### **Leadership Training**

- “Jeanne Hey Leadership Workshop”, College of Arts and Science, The University of Tennessee (September 19 & 20, 2023)
- “New Academic Leaders Academy”, The University of Tennessee (2023-2024)
- “The College Hub to Aspire, Inspire, and Reinvent (CHAIR) Leadership Program”, University of Minnesota (2022 - 2023)
- “Spring 2022 University of Minnesota Supervisory Development Course”, University of Minnesota. (2022).
- Leadership Development Workshop, “Leading for Equity”, National Association of Kinesiology in Higher Education. (July 8-9, 2021).
- “CEHD Leads Program (for future administrators in higher education),” University of Minnesota (2017 - 2018)

### **RESEARCH INTERESTS**

- Application of lifestyle technology (e.g., active video games, health wearables, virtual reality) interventions to promote physical activity and health
- Mobile health, exercise, and oncology
- Big data analysis and digital health
- Health and education disparities in underserved populations
- Physical activity and social determinants of health

### **RESEARCH INDEX** (As of 2/26/2024)

Google Scholar Citations: 8,142

h-index: 54

i10h-index: 125

### **RESEARCH, SCHOLARSHIP, AND CREATIVE WORK**

#### **Grants, Contracts, Awards: External Sources**

Investigator status: Co-Investigator

Principal Investigator: Chow, L.

External Agency: National Institutes of Health (NIDDK; 5R01DK124484)

Project title: *Prolonged Daily Fasting as a Viable Alternative to Caloric Restriction in At-Risk Obese Humans.*

Award Dates: 2020-2023.

Direct costs: \$1,757,840; Total costs: \$2,724,650

Status: Funded

Role: help to sort and analyze physical activity, sedentary behavior, and sleep assessment.

Investigator status: Co-Principal Investigator

Principal Investigator: Seaquist, E.

External Agency: National Institutes of Health (2 R01 NS035192-17)

Project title: *Measurement of Glucose Homeostasis in Human Brain by NMR.*

Award Dates: 2018-2023.

Direct costs: \$2,447,642; Total costs: \$3,686,894

Status: Funded

Role: help to develop the design and measurement, and oversee physical activity, sedentary behavior, and sleep assessment.

Investigator status: Co-Principal Investigator

Name of Principal Investigator: Sarafoglou, K.

Name of Co-Investigator: Gunnar, M, Hodges, J., Lightman, S.

External Agency: FDA/FD-R-06100-01-A1

Project title: *Phase 2a Study of Subcutaneous Hydrocortisone Infusion Pump for the Treatment of Congenital Adrenal Hyperplasia.*

Award Dates: 2018-2021.

Total costs: \$1,400,136

Status: Funded

Role: helped to develop the design, and oversee the measurement for physical activity, sedentary behavior, sleep, and cognitive functions.

Investigator status: Principal Investigator

Grant Sources: National Institutes of Health through University of Minnesota/Masonic Cancer Center, NCI Trial Identifier: NCI-2022-00105; NCI Lead Organization Trial ID: 2020LS163

Hourglass Integrative Therapies Cancer Research Award

Project title: *Effects of A Tai Chi App on Disease Management among Breast Cancer Survivors.*

Award Dates: 2020-2021.

Direct costs: \$12, 500

Status: Funded

Role: conceived the study, developed the design and wrote the proposal.

Investigator status: Co-Investigator

Principal Investigator: Evans, R.

External Agency: National Institutes of Health R21/R33 (1R21AT009110-01)

Project title: *Mindful Movement for Physical Activity and Wellbeing in Older Adults.*

Award Dates: 2017-2022.

Direct costs: \$785,496; Total costs: \$1,193,955

Status: Funded

Role: help to develop the design and measurement and oversee physical activity and sedentary behavior assessment.

Multiple Principal Investigators: Gao, Z., & Liao, N.

External Agency: Roche Holding AG Pharmaceuticals (China Branch)

Project title: *Using Smart Fitness Band and Mobile Phone App to Improve Health in Breast Cancer Survivors: A Clinical Trial of Smart Health Management*

Award Dates: 2022-2025.

Total costs: ¥2,100,000

Status: Funded

Role: conceived the study, developed the design and wrote the proposal.

Investigator status: Co-Investigator

Principal Investigator: Li, H.

External Agency: Beijing Sport University, China

Project title: *“Activity and Balance” Model-based Physical Activity Correlates and Physical Fitness in Youth.*

Award Dates: 2020-2022.

Total costs: ¥200,000

Status: Funded

Role: help to develop the design and measurement.

Investigator status: Co-Investigator

Principal Investigator: Quan, M.



External Agency: National Science Foundation, China  
 Project title: *The Effect of Aerobic Exercise on Executive Function in Preschool Children and Its Mechanism*. 2018-2020  
 Award Dates: 2018-2020.  
 Total costs: ¥200,000  
 Status: Funded  
Role: help to develop the design and measurement.

Investigator status: Principal Investigator  
 Name of Co-investigator: French, S., & Kunin-Baston, A.S.  
 External Agency: National Institutes of Health; NHLBI; (1R56HL130078-01)  
 Project title: *Teach Exergaming and Activities on Cognition and Health in Preschoolers: Project TEACH*.  
 Award Dates: 2016-2019.  
 Direct costs: \$243,637; Total costs: \$369,118  
 Status: Funded  
Role: conceived the study, developed the design, and wrote the proposal.

Investigator status: Faculty mentor  
 Name of Principal Investigator: Lee, J.  
 External Agency: SHAPE America Research Grant Program  
 Project title: *Children's Physical Activity and Psychosocial Beliefs in App-based Physical Education*. 2016-2017  
 Award Dates: 2016-2017.  
 Direct costs: \$2,500  
 Status: Funded  
Role: advised the conception and design of the study.

Investigator status: Co-Investigator  
 Principal Investigator: Li, X.  
 External Agency: National Social Science Foundation, China  
 Project title: *Effects of Novel Physical Activity Programs on Children's Physical Fitness and Academic Performance*. 2016-2018  
 Award Dates: 2016-2018.  
 Total costs: ¥200,000  
 Status: Funded  
Role: help to develop the design and measurement.

Investigator status: Faculty mentor  
 Name of Principal Investigator: Pope, Z.C.  
 External Agency: SHAPE America Research Grant Program  
 Project title: *Promoting Physical Activity through Smartphone Apps in Overweight/Obese College Students*.  
 Award Dates: 2015-2016.  
 Direct costs: \$2,500  
 Status: Funded

Role: advised the conception and design of the study.

Investigator status: Principal Investigator

Name of Co-PI/Co-investigator: Stodden, D., & Feng, D.

External Agency: National Institutes of Health; NICHD; PA-10-070 Academic Research Enhancement Award (Parent R15: 1R15HD071514-01A1)

Project title: *Impact of Interactive Video Games on Underserved Children's Health.*

Award Dates: 2012-2016.

Direct costs: \$300,000; Total costs: \$432,225 (Note: I received this grant as the Corresponding Principal Investigator in August 2012, and transferred the sub-award to UMN)

Status: Funded

Role: conceived the study, independently developed the design, and wrote the proposal.

Investigator status: Principal Investigator

Name of Co-investigator: Montenegro, R., Valdez, V.E., Hannon, J.C., & Xiang, P.

External Agency: Robert Wood Johnson Foundation Salud America! (#66347)

Project title: *Integrating Dance Dance Revolution to Promote Urban Latino School Children's Physical Health and Academic Achievement: Project GAME.*

Award Dates: 2009-2011.

Direct costs: \$74,041

Status: Funded

Role: conceived the study and developed the design and proposal.

Investigator status: Principal Investigator

Name of Co-investigator: Hannon, J.C., & Newton, M.

External Agency: AAHPERD Research Consortium

Project title: *The Effects of Curricular Activity on Students' Situational Motivation and Physical Activity Levels in Physical Education.*

Award Dates: 2008-2010.

Direct costs: \$5,000

Status: Funded

Role: conceived the study and developed the design and proposal.

Investigator status: Co-investigator

Name of Principal investigator: Richardson, G.

External Agency: The Utah Partnership for Health Weight

Project title: *Tipping the Scales towards a Healthier Population: The Utah Blueprint to Promote Healthy Weight for Children, Youth, and Adults.*

Award Dates: 2009-2011.

Direct costs: \$200,000

Status: Funded

Role: helped the design of the study.

**Pending/Submitted:**

Investigator status: Principal Investigator  
Name of Co-Investigator: Bell, J., Brooks, A., Li, W., Zhao, X., &Pope, Z.  
External Agency: National Institutes of Health (NCI)  
Project title and Dates: *Evaluating the feasibility of fitness wearables and apps in promoting precision physical activity and health among breast cancer survivors.* 2025-2028.  
Direct costs: \$600,000; Total costs:  
Status: To be submitted in June 2024  
Role: conceived the study, developed the design, and wrote the proposal.

Investigator status: Co-Investigator  
Name of Principal Investigator: Bantle, A.  
External Agency: National Institutes of Health (NIDDK)  
Project title and Dates: *Personalized Nutrition Using Continuous Glucose Monitoring to Improve Outcomes in Type 2 Diabetes Mellitus.* 2025-2028.  
Direct costs: \$600,000  
Status: To be submitted in April 2024  
Role: help to sort and analyze physical activity behavior and sleep assessment.

Investigator status: Co-Investigator  
Name of Principal Investigator: Grande, S.  
External Agency: National Institutes of Health  
Project title and Dates: *Promoting Lifelong Health: Using a trauma-informed approach to promote physical activity and address health disparities among Black Men in Minnesota.* 2024-2029.  
Direct costs: \$900,000  
Status: To be submitted in March 2024  
Role: help to sort and analyze physical activity behavior and sleep assessment.

Investigator status: Principal Investigator  
Name of Co-Investigator: Blaes, A., Zhang, R., Sun, J., Cui, E., Skinner, C.  
External Agency: National Institutes of Health (NCI)  
Project title and Dates: *Effects of Optimized E-Health Programs on Physical Activity and Health Outcomes in Breast Cancer Survivors.* 2024-2029.  
Direct costs: \$ 2,334,745; Total costs: \$3,550,733  
Status: Pending (submitted in October 2023)  
Role: conceived the study, developed the design, and wrote the proposal.

Investigator status: Co-Principal Investigator  
Name of Principal Investigator: Fathy, A.  
External Agency: National Science Foundation  
Funding Mechanism: *Smart Health and Biomedical Research in the Era of Artificial Intelligence and Advanced Data Science*  
Project title and Dates: *Non-Contact Vital Sign Detection for Mobile Subjects: Health Monitoring Advancements in Walking Subjects.* 2024-2028.  
Direct costs: \$1,200,000

Status: Pending (submitted in November 2023)  
Role: help with the design and writing of the proposal.

Investigator status: Principal Investigator  
Name of Co-investigator: Guan, W., Berry, D., Chow, L., Raynor, H., & Yan, J.  
External Agency: National Institutes of Health (NICHD)  
Project title and Dates: *Gaming Approaches for More Exercise to Promote Health in Preschoolers*. 2025-2030.  
Direct costs: \$2,301,829; Total costs: \$ 3,567,836  
Status: To be resubmitted in June 2024 (1 R01 HD101630-01A1 scored at boarder line. It was once selected by the PO for select pay in late 2020)  
Role: conceived the study, developed the design, and wrote the proposal.

Investigator status: Principal Investigator  
Name of Co-Investigator: Blaes, A., Wolfson, J., Sun, J., Skinner, K.  
University Sources: National Institutes of Health (NCI/1 R01 CA285382-01)  
Project title and Dates: *Optimization of Mobile Health Programs on Physical Activity and Health among Cancer Survivors*. 2024-2029.  
Direct costs: \$2,368,976; Total costs: \$ 3,667,262  
Status: Submitted in February 2023  
Role: conceived the study, developed the design, and wrote the proposal.

Investigator status: Principal Investigator  
Name of Co-Investigator: Evans, R., Lewis, B.A., & Chu, H.  
External Agency: National Institutes of Health (NCCIH/1 R34 AT012099-01)  
Project title and Dates: *Effects of A Virtual Reality Tai Chi Program on Health and Wellbeing in College Students with Mental Illness*. 2022-2025.  
Direct costs: \$450,000; Total costs: \$697,500  
Status: Pending (Submitted in October 2021)  
Role: conceived the study, developed the design, and wrote the proposal.

Investigator status: Consultant  
Name of Principal Investigator: Kim, P. (Indiana University Bloomington)  
External Agency: National Institutes of Health (R21)  
Project title and Dates: *Feasibility and acceptability of a Tai Chi virtual reality program on physical balance and mental health among older Asian immigrants with mild dementia*. 2022-2024.  
Direct costs: \$275,000; Total costs: \$425,000  
Status: Preparation for resubmission (Submitted in June 2021)  
Role: helped to develop the design and technology intervention.

Investigator status: Consultant  
Name of Principal Investigator: Kim, P. (Indiana University Bloomington)  
External Agency: National Institutes of Health (R21)

Project title and Dates: *A virtual reality physical activity (VRPA) program for physical balance, emotional health, and quality of life among older Asian immigrants with ADRD. 2023-2025.*

Direct costs: \$275,000; Total costs: \$410,000

Status: Submitted in October 2021

Role: helped to develop the design and technology intervention.

**Other Grants, Awards, Gifts, or Endowment Earnings (Internal Sources)**

Investigator status: Principal Investigator

Name of Co-Investigator: Chen, Y.

University Sources: University of Minnesota, Office of Vice President for Research Grant-In-Aid

Project title and Dates: *Feasibility and Efficacy of A Remote Tai Chi Program on Older Adults' Physical Behaviors, Fall Prevention, Cognition and Wellbeing*

Award Dates: 2022-2024.

Direct costs: \$49, 998

Status: Funded

Role: wrote the proposal.

Investigator status: Principal Investigator

Name of Co-Investigator: Blaes, A., Zhang, R.

University Sources: College of Education and Human Development, University of Minnesota

Project title: *Implementing Personalized Exercise Prescriptions through Mobile Health in the Elderly Cancer Survivors.*

Award Dates: 2021-2023.

Direct costs: \$200, 000

Status: Funded

Role: conceived the study, developed the design, and wrote the proposal.

Investigator status: Principal Investigator

Name of Co-investigator: Lee, H., Zhang, R.

Sources: University of Minnesota, Office of Vice President for Research Grant-In-Aid

Project title: *Improving Breast Cancer Survivors' Disease Management Outcomes through Smartphone Apps and Online Health Community.*

Award Dates: 2016-2018.

Direct costs: \$47,620

Status: Funded

Role: conceived the study, developed the design and wrote the proposal.

Investigator status: Principal Investigator

University Sources: University of Minnesota, The Institute on Diversity, Equity and Advocacy

Project title: *Promoting Health and Quality of Life through Smartphone Apps in Asian Immigrant Breast Cancer Survivors.*

Award Dates: 2015-2016.

Direct costs: \$7,000

Status: Funded

Role: conceived the study, developed the design, and wrote the proposal.

Investigator status: Principal Investigator

Name of Co-investigator: French, S.

University Sources: University of Minnesota, Obesity Prevention Center

Project title: *Effects of Home-based Exergaming Program on Preschool Children's Physical Activity and Adiposity*. 2015-2016

Award Dates: 2015-2016.

Direct costs: \$50,000

Status: Funded

Role: conceived the study, developed the design, and wrote the proposal.

Investigator status: Principal Investigator

University Sources: University of Minnesota, Office of Vice President for Research Grant-In-Aid

Project title: *Impact of Exergaming on Urban Children's Physical and Psychosocial Health*.

Award Dates: 2014-2015.

Direct costs: \$32,109

Status: Funded

Role: conceived the study, developed the design and wrote the proposal.

Investigator status: Co-Investigator

Name of Principal Investigator: Steinberger, J.

Name of Co-investigators: Dengel, D., Gilchrist, L., Hodges, J., Sadak, K.

University Sources: University of Minnesota, Academic Health Center's Small Grants Program

Project title and Dates: *Effect of a Home-based Fitness Intervention on Cardiometabolic Risk Profile in Pediatric Patients with Acute Lymphoblastic Leukemia (ALL)*. 2014-2016

Award Dates: 2014-2016.

Direct costs: \$30,000

Status: Funded

Role: helped to develop the design and measurement.

Investigator status: Principal Investigator

University Sources: University of Minnesota, College of Education and Human Development

Project title: *Impact of Exergaming on Children's Cardiovascular Fitness and Classroom Behaviors*.

Award Dates: 2013-2014.

Direct costs: \$5,000

Status: Funded

Role: conceived the study, developed the design and wrote the proposal.

Investigator status: Principal Investigator

University Sources: University of Minnesota, School of Kinesiology

Project title and Dates: *Effects of Two Innovative Physical Activity Programs on Preschool Children's Health and Cognitive Functions.*

Award Dates: 2013-2014.

Direct costs: \$3,000

Status: Funded

Role: conceived the study, developed the design and wrote the proposal.

Investigator status: Faculty mentor

Principal Investigator: Amin, F.

Grant title and external or internal agency: *Efficacy of A Remote Tai Chi Program on Older Adults' Wellbeing.* Undergraduate Research Opportunities Program at the University of Minnesota

Costs: \$2,100

Dates: 2023-2024

Role: advised the conception and design of the study.

Investigator status: Faculty mentor

Principal Investigator: Gin, O.

Grant title and external or internal agency: *Examining the Efficacy of A Remote Tai Chi Program on Older Adults.* Undergraduate Research Opportunities Program at the University of Minnesota

Costs: \$2,100

Dates: 2023-2024

Role: advised the conception and design of the study.

Investigator status: Faculty mentor

Principal Investigator: Dreher, S.

Grant title and external or internal agency: *Evaluation of a Non-Competitive Community-Based Youth Sports Program.* Undergraduate Research Opportunities Program at the University of Minnesota

Costs: \$1,750

Dates: 2022-2023

Role: advised the conception and design of the study.

Investigator status: Faculty mentor

Principal Investigator: Mishra, S.

Grant title and external or internal agency: *Effects of Exergaming on Individual's Psychosocial Outcomes.* Undergraduate Research Opportunities Program at the University of Minnesota

Costs: \$1,700

Dates: 2018-2019

Role: advised the conception and design of the study.

Investigator status: Faculty mentor  
Principal Investigator: Albers, C.  
Grant title and external or internal agency: *Effects of Virtual Reality on College Students' Health Outcomes*. Undergraduate Research Scholarships at the University of Minnesota  
Costs: \$1,700  
Dates: 2017-2018  
Role: advised the conception and design of the study.

Investigator status: Faculty mentor  
Principal Investigator: Fautsch, K.  
Grant title and external or internal agency: *Exergaming on Behavior among Children with Autism Spectrum Disorders*. Undergraduate Research Scholarships at the University of Minnesota  
Costs: \$1,700  
Dates: 2016-2017  
Role: advised the conception and design of the study.

Investigator status: Faculty mentor  
Principal Investigator: Tran, M.  
Grant title and external or internal agency: *Testing the Feasibility of Using Smartphone Exercise App among Cancer Survivors*. Undergraduate Research Scholarships at the University of Minnesota  
Costs: \$1,700  
Dates: 2015-2016  
Role: advised the conception and design of the study.

Investigator status: Faculty mentor  
Principal Investigator: Nanda, S.  
Grant title and external or internal agency: *Effects of Smartphone Apps on Health and Quality of Life in Breast Cancer Survivors*. Undergraduate Research Opportunities Program at the University of Minnesota  
Costs: \$1,500  
Dates: 2015-2016  
Role: advised the conception and design of the study.

Investigator status: Faculty mentor  
Principal Investigator: Ignaszewski, C.  
Grant title and external or internal agency: *Effects of Exergaming on Children's Aerobic Fitness and Achievement Behaviors*. Undergraduate Research Opportunities Program at the University of Minnesota  
Costs: \$1,700  
Dates: 2013-2014  
Role: advised the conception and design of the study.



Investigator status: Faculty mentor  
Principal Investigator: Becker, K.  
Grant title and external or internal agency: *Studying the Diet of Adolescent Recreational Ballet Dancers*. Undergraduate Research Opportunities Program at the University of Minnesota  
Costs: \$1,600  
Dates: 2012-2013  
Role: advised the implementation of the study.

Investigator status: Faculty mentor  
Principal Investigator: Tran, S.  
Grant title and external or internal agency: *Effects of Virtual Reality on College Students' Health Outcomes*. Undergraduate Research Scholarships at the University of Minnesota  
Costs: \$1,700  
Dates: 2017-2018  
Role: advised the conception and design of the study.

Investigator status: Principal Investigator  
External Agency: Texas Tech University Office of the Vice President for Institutional Diversity, Equity & Community Engagement  
Project title: *Institute for Inclusive Excellence*. 2011  
Award Dates: 2011  
Direct costs: \$1,000

Investigator status: Principal Investigator  
Name of Co-investigator: Valdez, V.E.  
External Agency: The University of Utah  
Project title: *Impact of Physical Activities on Urban Latino Children's Physical Fitness, Self-esteem and Academic Performance*  
Award Dates: 2009-2011.  
Direct costs: \$12,000  
Status: Funded  
Role: conceived the study, and developed the design and proposal.

Investigator status: Principal Investigator  
Name of Co-investigator: Hannon, J.C., & Newton, M.  
External Agency: The University of Utah College of Health  
Project title and Dates: *The Impact of Classroom-based Physical Activity (Take 10!) on Underserved Children's Exercise Motivation and Physical Health*.  
Award Dates: 2010-2012.  
Direct costs: \$5,000  
Status: Funded  
Role: conceived the study, and developed the design and proposal.

Investigator status: Principal Investigator

Name of Co-investigator: Hannon, J.C., & Newton, M.  
External Agency: The University of Utah College of Health  
Project title: *The Effects of Goal Setting on Overweight Students' Physical Activity Levels and Performance in the Dance Dance Revolution Program*. 2008-2010  
Award Dates: 2008-2010.  
Direct costs: \$7,500  
Status: Funded  
Role: conceived the study, and developed the design and proposal.

Investigator status: Faculty Mentor  
Name of Principal investigator: Huang, C.  
External Agency: The University of Utah PEAK Academy  
Project title: *Effect of Aerobic Exercises on Children's Exercise Determinants and Behaviors*.  
Award Dates: 2009-2010  
Direct costs: 1,500  
Status: Funded  
Role: advised the conception and design of the study.

Investigator status: Co-investigator  
Name of Principal investigator: Newton, M.  
External Agency: The University of Utah College of Health  
Project title: *Predictors of Sportpersonship and Motivation in High School Athletes*.  
Award Dates: 2009-2011.  
Direct costs: 6,200  
Status: Funded  
Role: helped the conception and design of the study.

### **Research Fellowship**

1. 2011, Visiting research fellowship, the Dr. Stephen Hui Research Center for Physical Recreation and Wellness, Hong Kong Baptist University. \$2,000

### **Teaching Grant**

1. 2018, Teaching Innovation Grant, University of Minnesota, \$1,000 (not funded)
2. 2018, Technology Support, School of Kinesiology, \$800
3. 2015, Technology Support, School of Kinesiology, \$7,500

### **Travel Grant**

1. 2019, International Travel Grant, the Global Programs and Strategy Alliance, University of Minnesota, \$2,000
2. 2017, NIH Regional Seminar, University of Minnesota, \$850
3. 2015, International Travel Grant, the Global Programs and Strategy Alliance, University of Minnesota, \$1,500
4. 2013, Robert Wood Johnson Foundation Salud America! program. Travel Grant, \$1,000

5. 2013, American College of Preventive Medicine. Travel Grant, \$1,000
6. 2011, The Vice President for Research Office at Texas Tech University, Travel Award. \$500
7. 2011, The Dean's Office of College of Arts and Sciences, Texas Tech University, Travel Award. \$500
8. 2011, Robert Wood Johnson Foundation Salud America! program. \$1,000
9. 2010, University of Utah College of Health Research Travel Grant. \$1,500
10. 2009, Robert Wood Johnson Foundation Healthy Kids, Healthy Nation program. \$1,000.00
11. 2009, Robert Wood Johnson Foundation Salud America! program. \$1,000
12. 2008, National Association for Kinesiology and Physical Education in Higher Education Travel Grant. \$250
13. 2007, American Alliance for Health, Physical Education, Recreation, and Dance Travel Grant. \$300
14. 2007, Louisiana State University Graduate School Travel Award. \$300
15. 2006, American Educational Research Association Graduate Student Travel Award. \$200
16. 2006, Louisiana State University Graduate School Travel Award. \$300
17. 2006, Louisiana State University Chinese Student and Scholar Association Travel fund for Southern America Chinese Soccer Cup. \$250
18. 2004, Louisiana State University Graduate School Travel Award. \$450

***Not funded (Selected) at Other Institutions:***

Investigator status: Principal Investigator

External Agency: Mayo Clinic

Project title: *Optimization of e-Health Program to Improve Breast Cancer Survivors' Moderate-to-Vigorous Physical Activity.*

Award Dates: 2022-2023.

Direct costs: \$50,000

Status: Pending

Role: conceived the study, developed the design and wrote the proposal.

Investigator status: Principal Investigator

Name of Co-Investigator: Skinner, C., Blaes, A.

External Agency: The Center for Disease Control and the American Recovery Plan Act through City of Minneapolis, Minnesota, USA

Project title and Dates: *Identifying Social Determinants of Health and Physical Needs of Cancer Patients Exacerbated by COVID via an Online Patient Coaching and Support Platform to Improve Cancer Patient Wellbeing.* 2022-2023.

Direct costs: \$ 200,000

Status: Not funded (submitted in September 2021)

Role: wrote the proposal.

Investigator status: Principal Investigator

Name of Co-Investigator: Blaes, A., Zhang, R., Lee, H., Gao, Y., Desai, J.R.

External Agency: National Institutes of Health (NCI) 1 R01 CA263086  
Project title and Dates: *Effects of e-Health on Physical Activity among Breast Cancer Survivors*. 2022-2027.  
Direct costs: \$ 2,401,688; Total costs: \$ 3,683,535  
Status: Not funded (scored in February 2021)  
Role: conceived the study, developed the design and wrote the proposal.

Investigator status: Principal Investigator  
Name of Co-Investigator: Blaes, A., Zhang, R., Wolfson, J.  
University Sources: National Institutes of Health (NCI)  
Project title and Dates: *Effects of Personalized Mobile Health Programs on Physical Activity and Weight among Rural Cancer Survivors*. 2021-2026  
Direct costs: \$2,857,322; Total costs: \$ 4,400,544  
Status: Not funded  
Role: conceived the study, developed the design and wrote the proposal.

Investigator status: Principal Investigator  
University Sources: The Felsler-Lampert Chair in Aging Studies  
Project title and Dates: *Effects of A Remote Tai Chi Program on Older Adults' Physical Behavior, Fall Prevention, Cognition and Wellbeing in The Era of the COVID-19 Pandemic*. 2022-2023  
Direct costs: \$40, 000  
Status: Not funded  
Role: conceived the study, developed the design and wrote the proposal.

Investigator status: Co-Investigator  
Name of Principal Investigator: Dengel, D.  
Sources: Minnesota Cancer Clinical Trails Network  
Project title: *Effects of A 12-Week At Home Resistance Training Program in Myeloma Patients Undergoing Autologous Hematopoietic Cell Transplantation*  
Award Dates: 2022-2024.  
Direct costs: \$150, 000  
Status: Not funded  
Role: Helped with the design and writing the proposal.

Investigator status: Principal Investigator  
Name of Co-investigator: Konczak, J., Evans, R., & Chu, H.  
External Agency: National Institutes of Health  
Project title and Dates: *Effects of School-based Active Video Games on Physical Activity and Health in Preschool Children*. 2020-2025 (NICHD/R01)  
Direct costs: \$2,028,078; Total costs: \$3,087,894  
Submitted: October 2019; Status: Not funded  
Role: conceived the study, developed the design and wrote the proposal.

Investigator status: Consultant  
Name of Principal Investigator: Fu, Y.

Name of Co-Investigator: Burns, R.  
 External Agency: National Institutes of Health (R21)  
 Project title and Dates: *Feasibility of a classroom active video game curriculum within low-income elementary schools*. 2019-2021.  
 Direct costs: \$275,000  
 Status: not funded.  
Role: helped to develop the design and intervention.

Investigator status: Co-investigator  
 Name of Principal Investigator: Sarafoglou, K., Brundage, R.  
 Name of Co-Investigator: Gunnar, M, Hodges, J., Lightman, S.  
 External Agency: National Institutes of Health (R21)  
 Project title and Dates: *Pulsatile cortisol delivery in children with congenital adrenal hyperplasia*. 2015-2017.  
 Direct costs: \$275,000  
 Status: not funded.  
Role: helped to develop the design and measurement.

Investigator status: Consultant  
 Name of Principal Investigator: Chen, W. (University of Michigan)  
 External Agency: National Institutes of Health (R15)  
 Project title and Dates: *Effectiveness of Technology-Integrated Physical Activity Intervention on Children*. 2015-2018.  
 Direct costs: \$300,000; Total costs: \$439,694  
 First submission impact score (June 2014): 48%; Resubmission impact score (February 2015): 45%  
Role: helped to develop the design.

Investigator status: Principal Investigator  
 Name of Co-investigator: Konczak, J., Mazzocco, M., Evan, R., & Gao, Y.  
 External Agency: National Institutes of Health  
 Project title and Dates: *Effects of Active Video Games on Children's Health and Cognition*. 2018-2023  
 Direct costs: \$2,028,078; Total costs: \$3,087,894  
 Status: not funded.  
Role: conceived the study, developed the design and wrote the proposal.

Investigator status: Principal Investigator  
 Name of Co-investigator: Zhang, R.  
 Agency: University of Minnesota, Masonic Cancer Center  
 Project title and Dates: *Improving Breast Cancer Survivors' Disease Management Outcomes through Smartphone Apps and Online Health Community*. 2017-2018  
 Direct costs: \$25,000  
 Status: Not funded.  
Role: conceived the study, developed the design and wrote the proposal.

Investigator status: Principal Investigator  
 Name of Co-investigator: Lewis, B., & Chu, H.  
 External Agency: National Institutes of Health (1R01HD087318-01); NICHD  
 Project title and Dates: *Trial of Exergaming on Health and Cognitive Functions in Children*. 2016-2020 (submitted in June 2015)  
 Direct costs: \$1,737,866; Total costs: \$ 2,641,555  
 Status: First submission impact score (November 2015): 55; percentile: 49%.  
 Resubmitted in February 2016.  
Role: conceived the study, and developed the design and proposal.

Investigator status: Principal Investigator  
 Name of Co-investigator: French, S., & Kunin-Baston, A.S.  
 External Agency: National Institutes of Health R01  
 Project title and Dates: *Teach Exergaming and Activities on Cognition and Health in Preschoolers: Project TEACH*. 2016-2021  
 Direct costs: \$2,242,751; Total costs: \$3,397,585  
 First submission impact score (September 2013): 45; percentile: 52%; Resubmission in October 2014: Not discussed (1R01HL122888-01A1). New submission in February 2015; priority score: 38; percentile: 29% (1R01HL130078-01). Resubmitted on November 2<sup>nd</sup>, 2015: Not discussed (1R01HL130078-01A1).  
Role: conceived the study, and developed the design and proposal.

Investigator status: Principal Investigator  
 Name of Co-investigator: Zhang, R.  
 External Agency: National Institutes of Health R21/R33; NICHD  
 Project title and Dates: *Effects of Smartphone Apps on Health in Overweight College Students*. 2016-2021 (submitted in June 2015)  
 Direct costs: \$829,391; Total costs: \$1,260,673  
 Status: Not funded  
Role: conceived the study, and developed the design and proposal.

Investigator status: Principal Investigator  
 Sources: Entertainment Software Association Foundation  
 Project title and Dates: *Impact of Exergaming on Children's Health and Cognition*. 2014-2015  
 Direct costs: \$50,000

Investigator status: Principal Investigator  
 Name of Co-investigator: Lewis, B., Chu, H., & Neumark-Sztainer, D.  
 External Agency: National Institutes of Health; NHLBI (RHL128284A)  
 Project title and Dates: *Effects of Exergaming on Children's Physical Activity and Cognitive Functions*. 2016-2021 (submitted in October 2014)  
 Direct costs: \$1,601,235; Total costs: \$2,433,875  
 Score: not discussed

Investigator status: Principal Investigator

University Sources: University of Minnesota, Clinical and Translational Science Institute Program, Community Health Collaborative Grant  
Project title and Dates: *Impact of Physical Activities on Preschoolers' Health and Cognition*. 2014-2015  
Direct costs: \$42,672

Investigator status: Principal Investigator  
Name of Co-PI: Beltran, R.  
University Sources: University of Minnesota, Clinical and Translational Science Institute Program  
Project title and Dates: *A Look at Cultural Dance To Improve Physical Activity and Overall Well Being Among Urban Hmong Adolescent Girls*. 2013-2014  
Direct costs: \$33,880

Investigator status: Principal Investigator  
University Sources: University of Minnesota, Minnesota Obesity Center  
Project title and Dates: *Effects of Exergaming on Urban Children's Physical Activity and Body Composition*. 2013-2014  
Direct costs: \$21,051

Investigator status: Principal Investigator  
Name of Co-PI: Hwang, A., Beltran, R.  
University Sources: University of Minnesota, Health Disparities Research Program  
Project title and Dates: *"Ntxhais Hmoob Hwjchim"/"Hmong Girl Power" – A Look at Cultural Dance To Improve Physical Activity and Overall Well Being Among Urban Hmong Adolescent Girls*. 2013-2014  
Direct costs: \$25,000

Investigator status: Principal Investigator  
University Sources: University of Minnesota, Office of Vice President for Research Grant-In-Aid  
Project title and Dates: *Impact of Two Classroom-based Physical Activity Programs on Children's Physical Health and Academic Outcomes*. 2013-2014  
Direct costs: \$39,509

Investigator status: Principal Investigator  
University Sources: University of Minnesota, Institute for Diversity, Equity, and Advocacy Office for Equity and Diversity  
Project title and Dates: *Impact of Exergaming on Underserved Minority Children's Psychosocial Beliefs and Physical Health*. 2013-2014  
Direct costs: \$7,000

Investigator status: Principal Investigator  
University Sources: University of Minnesota, Office of Vice President for Research Grant-In-Aid

Project title and Dates: *Effects of Exergaming on Urban Children's Physical and Psychosocial Health*. 2013-2014  
Direct costs: \$41,309

Investigator status: Principal Investigator  
University Sources: University of Minnesota, Institute for Advanced Study  
Project title and Dates: *Effects of Exergaming on Urban Children's Physical and Psychosocial Health*. 2013-2014  
Direct costs: \$12,000

Investigator status: Principal Investigator  
University Sources: University of Minnesota, The Center for Urban and Regional Affairs  
Project title and Dates: *Effects of Exergaming on Urban Children's Physical and Psychosocial Health*. 2013-2014  
Direct costs: \$39,766

Investigator status: Principal Investigator  
University Sources: University of Minnesota, Institute of Environment  
Project title and Dates: *Teach Exergaming Activities for Health among Preschoolers*. 2013-2014  
Direct costs: \$3,000

Investigator status: Principal Investigator  
Name of Co-investigator: Lewis, B.  
External Agency: National Institutes of Health (RHL119686A).  
Project title and Dates: *Effects of Exergaming on Urban Children's Physical Activity Behaviors*. 2013-2017  
Direct costs: 275,000; Total costs: \$406,975

Investigator status: Principal Investigator  
External Agency: AAHPERD Research Consortium  
Project title and Dates: *Impact of Exergaming on Children's Physical Activity Behavior and Fitness*. 2011-2012  
Direct costs: \$7,500

Investigator status: Co-Principal Investigator  
Name of Principal investigator: Esperat, C., & Feng, D.  
External Agency: United States Department of Agriculture-AFRI Childhood Obesity Prevention 2011  
Project title and Dates: *Transformacion Para Salud: Prevention and Control of Overweight and Obesity among Children in West Texas*. 2012-2016  
Total costs: \$2,500, 000

Investigator status: Principal Investigator  
Agency: Texas Tech University Internal Competitive Funding Opportunity



Project title and Dates: *The Impact of Exergamings on Children's Social Determinants of Physical Activity Behavior*. 2011-2012  
Direct costs: \$10,000

Investigator status: Principal Investigator  
Agency: Texas Tech University Faculty Diversity Development Grant  
Project title and Dates: *Impact of Interactive Video Games on Underserved Children's Health*. 2011-2012  
Direct costs: \$2,000

Investigator status: Principal Investigator  
External Agency: J. R. Albert Foundation  
Project title and Dates: *Impact of Interactive Games on Underserved Minority Children's Motor Skills and Fitness*. 2011-2014  
Direct costs: \$144,655

Investigator status: Principal Investigator  
Agency: Texas Tech University HEAF Research Instrument Funds  
Project title and Dates: *Using accelerometers and interactive fitness to promote health*. 2010-2011  
Direct costs: \$64,462

Investigator status: Principal Investigator  
External Agency: Spencer Foundation Small Research Grant Program  
Project title and Dates: *Impact of Classroom-based Physical Activity Programs on Latino Children's Classroom Behaviors and Academic Performance*. 2011-2012  
Direct costs: \$39,200

Investigator status: Co-investigator  
Name of Principal investigator: Esperat, C.  
External Agency: National Institutes of Health PA-10-106 Scientific Meetings for Creating Interdisciplinary Research Teams (1 R13 HD071717-01)  
Project title and Dates: *Prevention and Control of Childhood Obesity among Underserved Vulnerable Populations*. 2011-2012  
Total costs: \$34,880

Investigator status: Principal Investigator  
External Agency: AAHPERD Research Consortium  
Project title and Dates: *Effect of Take 10! on children's physical fitness and behaviors*. 2010-2011  
Direct costs: \$7,500

Investigator status: Principal Investigator  
External Agency: National Institutes of Health PA-07-391 Reducing Health Disparities among Minority and Underserved Children (R21: 1R21HD067845-01)

Project title and Dates: *Impact of Interactive Dance on Urban Latino Children's Health*. 2010-2012  
Total costs: \$415,983

Investigator status: Principal Investigator  
External Agency: Robert Wood Johnson Foundation Active Living Research  
Project title and Dates: *Impact of Interactive Games on Latino School Children's Health and Academic Achievement*. 2010-2012  
Total costs: \$233,573

Investigator status: Co-investigator  
Name of Principal investigator: Andrade, J.  
External Agency: NIH Science Education Partnership Award (SEPA), PAR-06-549  
Project title and Dates: *Interactive Exhibits/Active, Rational People: Obesity, Diabetes, MDD*. 2009-2011  
Total costs: \$200,000

Investigator status: Principal Investigator  
External Agency: Spencer Foundation Small Research Grant Program  
Project title and Dates: *Impact of Structured Physical Activities on Urban Latino Children's Physical Health, Self-esteem and Academic Performance*. 2010-2011  
Direct costs: \$35,900

Investigator status: Principal Investigator  
External Agency: Robert Wood Johnson Foundation Health Game Research  
Project title and Dates: *Impact of Structured Physical Activities on Urban Latino Children's Physical Health, Self-esteem and Academic Performance*. 2010-2012  
Total costs: \$128,955

Investigator status: Principal Investigator  
External Agency: Robert Wood Johnson Foundation Active Living Research  
Project title and Dates: *The Impact of Interactive Games on Urban Latino School Children's Physical Health and Academic Achievement*. 2010-2012  
Total costs: \$143,040

Investigator status: Principal Investigator  
External Agency: Aetna Foundation  
Project title and Dates: *Gaming Approaches to Promote Physical Activity among Urban School Children*. 2009-2010  
Total costs: \$49,692

Investigator status: Faculty Mentor  
Name of Principal investigator: Huang, C.  
External Agency: AAHPERD Research Consortium Graduate Research Grants  
Project title and Dates: *Effect of Aerobic Exercises on Children's Exercise Determinants and Behaviors*. 2009-2010

Direct costs: \$3,000

Investigator status: Principal Investigator

External Agency: Robert Wood Johnson Foundation Active Living Research

Project title and Dates: *Effects of Dance Dance Revolution on Urban School Children's Physical Health and Academic Achievement: Project GAME*. 2009-2011

Total costs: \$108,233

Investigator status: Co-investigator

Name of Principal investigator: Hannon, J.C.

External Agency: National Association for Sport and Physical Education Research Grant Program

Project title and Dates: *Impact of physical education taught by specialists versus non-specialists on student academic performance, physical fitness, motor skill development, and physical activity levels*. 2008-2011

Direct costs: \$30,000

Investigator status: Principal Investigator

External Agency: National Association for Sport and Physical Education Research Grant Program

Project title and Dates: *The Impact of A Classroom-based Interactive Video Game on Urban Latino School Children's Academic Motivation and Performance*. 2008-2011

Direct costs: \$29,200

Investigator status: Principal Investigator

External Agency: Spencer Foundation Small Research Grant Program

Project title and Dates: *Integrating Dance Dance Revolution to Promote Urban Hispanic School Children's Physical Fitness and Academic Achievement*. 2008-2009

Direct costs: \$38,900

Investigator status: Principal Investigator

External Agency: United Health Foundation

Project title and Dates: *Project GAME (Gaming Approaches to proMote Exercise): Promoting Urban School Children's Physical Activity Levels and Health Status*. 2008-2009

Direct costs: \$50,000

Investigator status: Principal Investigator

External Agency: Robert Wood Johnson Foundation Health Game Research

Project title and Dates: *The Impact of Dance Dance Revolution on Elementary School Children' Situational Motivation and Physical Activity Levels*. 2008-2010

Total costs: \$91,638

Investigator status: Principal Investigator

Agency: The University of Utah Instrumentation Fund

Project title and Dates: *Polar E600 Hear Rate Monitors for Physical Activity Interventions and Health Promotion*. 2008-2009  
 Total costs: \$13,499

Investigator status: Co-investigator  
 Name of Principal investigator: Hannon, J.C.  
 External Agency: R. Harold Burton Foundation  
 Project title and Dates: *Classroom-based Interactive Game and Children's Health*. 2008-2009  
 Direct costs: \$15,000

Investigator status: Co-investigator  
 Name of Principal investigator: Hannon, J.C.  
 External Agency: AAHPERD Research Consortium  
 Project title and Dates: *Middle School Students' Physical Activity Levels, Skill Attempt Opportunities, and Teacher Interactions, and Enjoyment in Coeducational versus Singly-Gender Physical Education Settings*. 2008-2009  
 Direct costs: \$5,000

Investigator status: Principal Investigator  
 External Agency: AAHPERD Research Consortium Graduate Research Grants  
 Project title and Dates: *The Effects of Learning Content on Students' Motivation and Physical Activity Levels in Middle School Physical Education*. 2007  
 Direct costs: \$3,000

Investigator status: Co-investigator  
 Name of Principal investigator: Harrison, L. Jr.  
 External Agency: AAHPERD Research Consortium  
 Project title and Dates: *The Impact of Competence Beliefs and Motivation on Students' Engagement in Physical Education*. 2006-2007  
 Direct costs: \$10,000

## Publications

- **Books**

1. **Gao, Z., & Lee, J.** (Eds.). (2018). *Emerging technology applications to promote physical activity and health*. Basel, Switzerland: MDPI.
2. **Gao, Z.** (Ed.). (2017). *Technology in physical activity and health promotion*. London, UK: Routledge Publisher.
3. **Gao, Z., & Pope, Z.C.** (Eds.). (2015). *Physical activity behaviors and determinants in children and adolescents*. Hauppauge, New York: Nova Science Publishers.
4. **Gao, Z.** (2001a). *101 Youth soccer drills (7 -11)* (Malcolm Cook, Trans.). Beijing: People's Sports Publishing House of P.R.C.
5. **Gao, Z.** (2001b). *101 Youth soccer drills (12 -16)* (Malcolm Cook, Trans.). Beijing: People's Sports Publishing House of P.R.C.

6. **Gao, Z.**, & Wang, W. (2001). *Coaching youth soccer* (American Sport Education Program, Trans.). Beijing: People's Sports Publishing House of P.R.C.
  7. **Gao, Z.**, & Zhi, Y. (2001). *Attacking soccer: Tactics and drills for high-scoring offense* (Joseph Luxbacher, Trans.). Beijing: People's Sports Publishing House of P.R.C.
  8. **Gao, Z.** (2000). *Fulfill a successful tournament* (John Byl, Trans.). Beijing: People's Sports Publishing House of P.R.C.
- ***Book Chapters*** (Names in *italics* indicate co-authors are/were graduate students under my mentorship; \* corresponding author) (N=30; First/corresponding author N=27)
1. \* **Gao, Z.**, Yan, J., & Ye, S. (in press). Physical activity and behavior change. In Hongjuan Li (Ed.), *Physical Activity Epidemiology*. Beijing, China: Beijing Sports University Publisher.
  2. \* **Ryu, S.**, Chen, Y., Adams, K., & **Gao, Z.** (in press). Investigating daily activity, trip behaviors, and well-being among breast cancer survivors in the U.S. In Fan, Y. (Ed.), *Understanding Everyday Life: Advancing Social and Health Sciences through Digital Day Reconstruction*.
  3. \* **Gao, Z.**, Pope, Z.C., Zeng, N., McDonough, D.J., & Lee, J. (2019). Progress and possibilities for technology integration in CSPAP. In Russell Carlson & Collin Webster (Eds.), *Comprehensive School Physical Activity Programs* (pp. 305 - 318). Champion, IL: Human Kinetics.
  4. \* **Gao, Z.** (2017). Emerging technologies in promoting physical activity and health. In Zan Gao (Ed.), *Technology in physical activity and health promotion* (pp. 234 - 242). London, UK: Routledge Publisher.
  5. \* **Gao, Z.**, & Lee, J. (2017). Social and behavioral theories in promoting physical activity. In Zan Gao (Ed.), *Technology in physical activity and health promotion* (pp. 46 - 66). London, UK: Routledge Publisher.
  6. \* **Gao, Z.**, Pope, Z.C., & Zeng, N. (2017). Foundations of technology and health effects of physical activity. In Zan Gao (Ed.), *Technology in physical activity and health promotion* (pp. 3 - 25). London, UK: Routledge Publisher.
  7. \* **Gao, Z.**, Zeng, N., & Pope, Z.C. (2017). Active video games and physical activity promotion. In Zan Gao (Ed.), *Technology in physical activity and health promotion* (pp. 165 - 203). London, UK: Routledge Publisher.
  8. \* **Lee, J.**, & **Gao, Z.** (2017). Computer and Internet use in enhancing physical activity. In Zan Gao (Ed.), *Technology in physical activity and health promotion* (pp. 69 - 87). London, UK: Routledge Publisher.
  9. \* **Lee, J.**, & **Gao, Z.** (2017). Online social media and physical activity promotion. In Zan Gao (Ed.), *Technology in physical activity and health promotion* (pp. 88 - 105). London, UK: Routledge Publisher.
  10. Lu, C., & **Gao, Z.** (2017). Traditional Chinese physical activities. In Cothran, D.J. & Keating, X. (Ed.), *Learning for a lifetime: Effective secondary physical education programs* (pp. 273 - 287). Beijing, China: Education Science Publishing House.

11. \* Pope, Z.C., & Gao, Z. (2017). Mobile device apps in enhancing physical activity. In Zan Gao (Ed.), *Technology in physical activity and health promotion* (pp. 106 - 128). London, UK: Routledge Publisher.
12. \* Pope, Z.C., & Gao, Z. (2017). Global Positioning Systems and Geographic Information Systems and physical activity. In Zan Gao (Ed.), *Technology in physical activity and health promotion* (pp. 129 - 147). London, UK: Routledge Publisher.
13. \* Sun, H., Gao, Z., & Zeng, N. (2017). Overview: Promoting physical activity and health through emerging technology. In Zan Gao (Ed.), *Technology in physical activity and health promotion* (pp. 26 - 45). London, UK: Routledge Publisher.
14. \* Zeng, N., & Gao, Z. (2017). Health wearable devices and physical activity promotion. In Zan Gao (Ed.), *Technology in physical activity and health promotion* (pp. 148 - 164). London, UK: Routledge Publisher.
15. \* Zeng, N., & Gao, Z. (2017). Virtual reality in physical activity promotion. In Zan Gao (Ed.), *Technology in physical activity and health promotion* (pp. 204 - 220). London, UK: Routledge Publisher.
16. \* Pope, Z.C., & Gao, Z. (2017). Negative aspects of emerging technologies in physical activity promotion. In Zan Gao (Ed.), *Technology in physical activity and health promotion* (pp. 223 - 233). London, UK: Routledge Publisher.
17. \* Zeng, Z., & Gao, Z. (2016). Effects of exergaming and fundamental movement skills among youth and young adults: A systematic review. In Louise Hogan (Eds.), *Gaming: Trends, Perspectives and Impact on Health* (pp 41-58). Hauppauge, New York: Nova Science Publishers.
18. \* Sheng, H., Pope, Z.C., & Gao, Z. (2015). Adolescent girls' physical activity determinants and physical activity participation: An application of Social Ecological Model. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 1-18). Hauppauge, New York: Nova Science Publishers.
19. \* Sheng, H., Pope, Z.C., & Gao, Z. (2015). Adolescent girls' physical activity levels in New Mexico: Status, determinants, and measurement issues. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 19-40). Hauppauge, New York: Nova Science Publishers.
20. \* Huang, C.C., Lee, J., Pope, Z.C., & Gao, Z. (2015). Protection Motivation Theory-based beliefs predict adolescents' physical activity and intention. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 41-60). Hauppauge, New York: Nova Science Publishers.
21. \* Huang, C.C., Pope, Z.C., & Gao, Z. (2015). Using motivational and volitional interventions to promote adolescents' physical activity. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 61-86). Hauppauge, New York: Nova Science Publishers.
22. \* Lee, J., Stodden, D., Zhang, T., Yan, A.F., & Gao, Z. (2015). Examining the mediating role of perceived competence in exergaming activities. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 117-130). Hauppauge, New York: Nova Science Publishers.
23. \* Pope, Z.C., & Gao, Z. (2015). Middle school students' physical activity levels in physical education: Gender and grade differences. In Zan Gao & Zachary Pope (Eds.),

- Physical activity behaviors and determinants in children and adolescents* (pp. 131-146). Hauppauge, New York: Nova Science Publishers.
24. \* Zhang, P., Pope, Z.C., & Gao, Z. (2015). Associations among elementary school children's physical activity self-efficacy, enjoyment and perceived exertion in exergaming. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 62-87). Hauppauge, New York: Nova Science Publishers.
  25. Pasco, D., Pope, Z.C., & Gao, Z. (2015). Impact of exergaming on high school students' situational motivation and physical activity levels. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 88-103). Hauppauge, New York: Nova Science Publishers.
  26. Fu, Y., Gao, Z., Burns, R., & Hannon, J. (2015). Correlates of moderate to vigorous physical activity and cardiovascular fitness during physical education. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 147-163). Hauppauge, New York: Nova Science Publishers.
  27. \* Gao, Z., Podlog, L. & Lee, J. (2014). Children's situational motivation, rate of perceived exertion and physical activity levels in exergaming: Associations and gender differences. In Jeffery Graham (Ed.), *Video games: Parents' perceptions, role of social media and effects on behavior* (pp. 17-28). Hauppauge, NY: Nova Science Publisher.
  28. \* Gao, Z., Xiang, P., & Lochbaum, M. (2013). Relations of children's hierarchical ability beliefs to their cardiovascular fitness, physical activity levels and persistence/effort. In John Saunders, Martin Holzweg, Walter Ho, & Lynn Housner, *Current issues in contemporary comparative physical education and sport* (pp. 121-129). Berlin, Germany: Logos Verlag Publisher.
  29. \* Ning, W., & Gao, Z. (2013). Literature review on effect of physical activity on students' cognitive abilities and academic achievement. In John Saunders, Martin Holzweg, Walter Ho, & Lynn Housner, *Current issues in contemporary comparative physical education and sport* (pp. 97-109). Berlin, Germany: Logos Verlag Publisher.
  30. \* Gao, Z. (2001). Soccer clubs in Europe and South American. In G. Rao & X. Ma (Eds.), *World Soccer Encyclopedia* (pp. 1124 -1206). Beijing: People's Sports Publishing House of P.R.C.

• ***Non Peer-Reviewed Journal Research Articles***

**Names in *italics* indicate co-authors are/were graduate students under my mentorship; \* corresponding author (N = 11; First/corresponding author N = 11)**

1. Gao, Z., & Trinh, L. (2023). Exercise and oncology: The role of physical activity in disease prevention and health promotion. *Journal of Sport and Health Science*, 12(6), 651-652. <https://doi.org/10.1016/j.jshs.2023.09.003> (Impact factor: 12.20). (Editorial)
2. \*Gao, Z., & Lee, J. (2022). Promotion physical activity and reducing sedentary behavior to prevent chronic diseases during the COVID pandemic and beyond. *Journal of Clinical Medicine*, 11(16):4666. doi: 10.3390/jcm11164666. (Impact factor: 4.946) Role: draft the manuscript. (Editorial)
3. \*Gao, Z., & Wang, R. (2021). Application of E-health programs in physical activity and health promotion. *Journal of Sport and Health Science*. S2095-2546(21)00104-6. doi:

- 10.1016/j.jshs.2021.09.007. (Impact factor: 13.08). Role: drafted the manuscript. (Editorial)
4. \***Gao, Z., Fu, Y., Lee, J., Wen, X. & Zeng, N.** (2021). Motor skill competence matters in promoting physical activity. *BioMed Research International*, 5, 9786368. <https://doi.org/10.1155/2021/9786368> (Impact factor: 3.246). Role: drafted the manuscript. (Editorial)
  5. \***Gao, Z.** (2021). Promoting physical activity and health through novel technology. *Sporting Culture and Industry*, 1, 168-204. (In Chinese; impact factor: NA) Role: drafted the manuscript.
  6. \***Gao, Z., Lee, J., McDonough, D.J., & Albers, C.** (2020). Virtual reality exercise as a coping strategy for health and wellness promotion in older adults during the COVID-19 pandemic. *Journal of Clinical Medicine*, 9(6), 1986. <https://doi.org/10.3390/jcm9061986>. (impact factor: 4.241) Role: drafted the manuscript. (Editorial)
  7. \***Gao, Z., & Lee, J.** (2019). Emerging technology in promoting physical activity and health: Challenges and opportunities. *Journal of Clinical Medicine*. 8(11), 1830. <https://doi.org/10.3390/jcm8111830> (impact factor: 5.688) Role: drafted the manuscript. (Editorial)
  8. \***Gao, Z., & Wang, R.** (2019). Children's motor skills competence, physical activity, fitness, and health promotion. *Journal of Sport and Health Science*, 8(2), 114 -121. <https://doi.org/10.1016/j.jshs.2018.12.002> (impact factor: 3.64) Role: drafted the manuscript. (Editorial)
  9. \***Gao, Z., Chen, S., Sun, H., Wen, X., & Xiang, P.** (2018). Physical activity in children's health and cognition. *BioMed Research International*, 6, 1-4. <https://doi.org/10.1155/2018/8542403> (impact factor: 2.58) Role: drafted the manuscript. (Editorial)
  10. \***Gao, Z.** (2017). Fight Fire with Fire: Promoting physical activity and health through active video games. *Journal of Sport and Health Science*, 6, 1-3. (impact factor: 2.53) Role: drafted the manuscript. (Editorial)
  11. \* **Gao, Z., & Chen, S.** (2014). Response to letter: No clear evidence that exergames can prevent obesity. *Obesity Reviews*, 15, 694-695. doi: 10.1111/obr.12186 (impact factor: 7.995) Role: drafted the manuscript.

- **Peer-Reviewed Journal Articles**

**Names in italics indicate co-authors are/were graduate students under my mentorship; \* corresponding author (N=163; First/corresponding author N= 124)**

1. \* *Oginni, J., Otinwa, G., & Gao, Z.* (2024). Physical impact of traditional and virtual physical activity programs on health outcomes among corporate employees. *Journal of Clinical Medicine*, 13(3), 694. doi: 10.3390/jcm13030694. (Impact factor: 3.9). Role: helped to draft the manuscript
2. Yin, L., Li, F., & **Gao, Z.** (in press). Isotemporal substitution effect of 24-hour movement behavior on the mental health of Chinese preschool children. *Frontier in Public Health*. (Impact factor: 5.18). Role: helped to draft the manuscript



3. \*Hassan, M., Zhou, W., He, H., Ye, M., & Gao, Z. (2024). The effectiveness of physical activity interventions on blood pressure in children and adolescents: A systematic review and network meta-analysis. *Journal of Sport and Health Science*. Published online January 19, 2024. <https://doi.org/10.1016/j.jshs.2024.01.004> (Impact factor: 12.20). Role: conceived the study, oversaw data collection, and helped to draft the manuscript.
4. \* Gao, Z., Ryu, S., Zhou, W., Hassan, M., Adams, K., Zhang, R., Bleas, A., Wolfson, J., & Sun, J. (2023). Effects of personalized exercise prescriptions and social media delivered through m-health on cancer survivors' physical activity and quality of life. *Journal of Sport and Health Science*, 12(6), 705-714. S2095-2546(23)00071-6. doi: 10.1016/j.jshs.2023.07.002. (Impact factor: 12.20). Role: conceived the study, oversaw data collection, and drafted the manuscript.
5. Chen, J., Zhou, X., Wu, X., Gao, Z., Ye, S. (2023). Effects of exergaming on executive functions of children: A systematic review and meta-analysis. *Archives of Public Health*, 81(1), 182. doi: 10.1186/s13690-023-01195-z. Role: helped to draft the manuscript.
6. Gu, D., Gu, C., Ryu, S., Oginni, J., Liu, W., Li, X., & Gao, Z. (2023). Acute effects of exergaming on young adults' energy expenditure, enjoyment, and self-efficacy. *Frontier in Psychology*, 14, 1238057. doi: 10.3389/fpsyg.2023.1238057. eCollection 2023. (Impact factor: 4.232). Role: conceived the study, oversaw data collection, and helped to draft the manuscript.
7. <https://doi.org/10.1016/j.jshs.2024.01.004> Role: conceived the study, oversaw data collection, and helped to draft the manuscript.
8. \*Zhou, W., Palos, J.J, Adams, K., Oginni, J., & Gao, Z. (2023). Effect of physical activity interventions on brain structure and function changes in healthy children: A systematic review. *Quest*. Published online July 26, <https://doi.org/10.1080/00336297.2023.2217361> (Impact factor: 3.669). Role: Oversaw data collection, and helped to draft the manuscript.
9. \*Hassan, M., Ryu, S., Tao, K., Wang, R., Quan, M., & Gao, Z. (2023). Young adults' rating of perceived exertion and mood in exergaming dance and aerobic dance. *Brain Behavior and Immunity Integrative*, 2, 100007. <https://doi.org/10.1016/j.bbii.2023.100007> Role: conceived the study, oversaw data collection, and helped to draft the manuscript.
10. \*Ryu, S., & Gao, Z. (2023). Moderating effects of physical activity on the relationships between child maltreatment and health outcomes among Korean adolescents: A secondary analysis of the 2020 Korean children and youth rights survey. *Journal of Clinical Medicine*, 12(14), 4574. <https://doi.org/10.3390/jcm12144574> (Impact factor: 3.9). Role: helped to draft the manuscript.
11. \*Ryu, S., Rodríguez-González, P., & Gao, Z. (2023). A review of health wearable-based physical activity interventions among children and adolescents. *International Journal of Physical Activity and Health*, 2,2. <https://doi.org/10.18122/ijpah.020206.boisestate> Role: conceived the study, and helped to draft the manuscript.
12. \*Ryu, S., Liao, N., McDonough, D.J., & Gao, Z. (2023). Chinese Breast Cancer Survivors' functional fitness, biomarkers, and physical activity determinants and behaviors: A descriptive study. *Brain Behavior and Immunity Integrative*. Published Online: 14 February 2023. <https://doi.org/10.1016/j.bbii.2023.100003> Role: conceived the study, oversaw data collection, and helped to draft the manuscript.

13. \*Zhou, W., Oginni, J., Perez, J.J., Adams, K., & Gao, Z. (2023). Effects of active game interventions on physical and psychological health indicators in healthy preschool children: A systematic review. *International Journal of Physical Activity and Health*, 2(2), 1-15. DOI: <https://doi.org/10.18122/ijpah.020202.boisestate> Role: conceived the study, and helped to draft the manuscript.
14. \*Rodríguez-González, P., Liu, W., McDonough, D.J., & Gao, Z. (2023). Acute effects of virtual reality exercise on young adults' blood pressure and feelings. *International Journal of Mental Health Promotion*, 1-9. Published Online: 07 February 2023. DOI: 10.32604/ijmhp.2023.027530 (Impact factor: 1.086). Role: conceived the study, oversaw data collection, and helped to draft the manuscript.
15. \*Hu, J., Zhou, S., Ryu, S., Adams, K., & Gao, Z. (2023). Effects of long-term endurance exercise on cardiac morphology, function, and injury indicators among amateur marathon runners. *International Journal of Environmental Research and Public Health*, 20(3):2600. <https://doi.org/10.3390/ijerph20032600>. (Impact factor: 4.61). Role: Oversaw data analysis, and helped to draft the manuscript.
16. Huang, M., Sun, H., Chen, H., Zhang, Y., Adams, K., & Gao, Z. (2023). Validation of Physical Activity Correlates Questionnaire from Social Ecological Model in college students. *Journal of Clinical Medicine*, 12(3), 777. <https://doi.org/10.3390/jcm12030777>. (Impact factor: 4.946) Role: helped to draft the manuscript.
17. \*Zeng, N., Lee, J., & Gao, Z. (2023). Effects of home-based exergaming on preschool children's cognition, sedentary behavior, and physical activity: A randomized crossover trial. *Brain Behavior and Immunity Integrative*, 1, 100002. Epub ahead of print. <https://doi.org/10.1016/j.bbii.2023.100002> Role: conceived the study, oversaw data collection, and helped to draft the manuscript.
18. \* Rodríguez-González, P., Iglesias, D., Fernandez, J., & Gao, Z. (2023). Effectiveness of interventions using apps to improve physical activity, sedentary behavior and diet: An umbrella review. *Complementary Therapies in Clinical Practice*, 101711. <https://doi.org/10.1016/j.ctcp.2022.101711> (Impact factor: 3. 57). Role: conceived the study, and helped to draft the manuscript.
19. \* Gao, Z., Ryu, S., & Chen, Y. (2022). Effects of Tai Chi App and Facebook health education programs on breast cancer survivors' stress and quality of life in the era of pandemic. *Complementary Therapies in Clinical Practice*. 48:101621. doi: 10.1016/j.ctcp.2022.101621. Epub ahead of print. (Impact factor: 3.57). Role: conceived the study, drafted the manuscript.
20. \* Hassan, M., Liu, W., McDonough, D.J., Su, X., & Gao, Z. (2022). Comparative effectiveness of physical activity intervention programs on children's motor skills: A systematic review and network meta-analysis. *International Journal of Environmental Research and Public Health*. 19, 11914. <https://doi.org/10.3390/ijerph191911914> (Impact factor: 4.614) Role: conceived the study, and helped to draft the manuscript.
21. Li, F., Yin, L., Sun, M., & Gao, Z. (2022). Examining relationships among Chinese preschool children's meeting 24-Hour Movement Guidelines and fundamental movement skills. *Journal of Clinical Medicine*, 11, 5623. <https://doi.org/10.3390/jcm11195623> (Impact factor: 4.946) Role: helped to interpret data and draft the manuscript.
22. \* Rodríguez-González, P., Hassan, M.A., & Gao Z. (2022). Effects of family-based interventions using mobile apps on youth's physical activity: A systematic review.

- Journal of Clinical Medicine*. 11(16):4798. <https://doi.org/10.3390/jcm11164798> (Impact factor: 4.946) Role: conceived the study, and helped to draft the manuscript.
23. \*Ryu, S., Adams, K., Chen, Y., & Gao, Z. (2022). Breast cancer survivors' physical activity, psychosocial beliefs, daily trip behaviors, and subjective well-being: A descriptive study. *Complementary Therapies in Clinical Practice*. Epub ahead of print. <https://doi.org/10.1016/j.ctcp.2022.101688> (Impact factor: 3.57). Role: conceived the study, and helped to draft the manuscript.
  24. Sanches, O., Hesse, A., Betker, M., Lundstrom, C., Conroy, W., & Gao, Z. (2022). Cardiovascular fitness and associated comorbidities in an executive health program. *Exercise Medicine*, 6, 5. doi: <https://doi.org/10.26644/em.2022.005>
  25. \*Blount, D., Zhang, R., Blaes, A., & Gao, Z. (2022). Effects of wearable health technology on cancer survivors' physical activity, sedentary behavior, and weight: A meta-analysis. *International Journal of Physical Activity and Health*, 1(1), 2. DOI: <https://doi.org/10.18122/ijpah1.1.2.boisestate> Role: conceived the study, oversaw the study, and helped to draft the manuscript.
  26. \*Lawrence, M., Liu, W., Wan, H., McDonough, D.J., Mishra, S., & Gao, Z. (2022). Effects of exergaming on college students' situational interest, self-efficacy, and motion sickness. *Journal of Clinical Medicine*, 11(5), 1253. <https://doi.org/10.3390/jcm11051253> (Impact factor: 4.946) Role: conceived the study, oversaw the study, and helped to draft the manuscript.
  27. McDonough, D., Liu, W., & Gao, Z. (2022). Effects of a remote YouTube-delivered exercise intervention on young adults' physical activity, sedentary behavior and sleep during the COVID-19 pandemic: Randomized controlled trial. *Journal of Sport and Health Science*, 11, 145-156. Jul 24:S2095-2546(21)00091-0. doi: 10.1016/j.jshs.2021.07.009. (Impact factor: 13.08). Role: Oversaw the study, and helped to draft the manuscript.
  28. \*Gao, Z., Liu, W., McDonough, D.J., Zeng, N., & Lee, J.E. (2021). The dilemma of analyzing physical activity and sedentary behavior with wrist accelerometer data: Challenges and opportunities. *Journal of Clinical Medicine*, 10, 5951. <https://doi.org/10.3390/jcm10245951> (Impact factor: 4.946) Role: conceived the study, and wrote the manuscript.
  29. Ding, M., Yi, X., Yan, P., McDonough, D.J., Gao, Z., & Dong, X. (2021). Application of an online combination exercise intervention to improve physical and mental health in obese children: A single arm longitudinal study. *Frontiers in Psychology*, 12, 1-9. <https://doi.org/10.3389/fpsyg.2021.638618> (impact factor: 2.99) Role: helped to draft the manuscript.
  30. Sacko, R., Utesch, T., Cordovil, R., de Meester, A., Ferkel, R., True, L., Gao, Z... & Stodden, D. (2021). Developmental sequences for observing and assessing forceful kicking. *European Physical Education Review*, 27(3), 493-511. <https://doi.org/10.1177/1356336X20962134> (impact factor: 3.81) Role: Collected data, and helped to write manuscript.
  31. \*Zeng, N., Liu, W., Pope, Z.C., McDonough, D., Gao, Z. (2021). Acute effects of virtual reality exercise bike on college students' physical responses. *Research Quarterly for Exercise and Sports*, 93(3):633-639. doi: 10.1080/02701367.2021.1891188. (impact

- factor: 2.09) Role: conceived the study, oversaw the study, and helped to draft the manuscript.
32. \*Blount, D., McDonough, D., & Gao, Z. (2021). A systematic review of physiological, cognitive, and emotional outcomes of wearable health technology interventions among breast cancer survivors. *Journal of Clinical Medicine, 10*, 2015. <https://doi.org/10.3390/jcm10092015> (Impact factor: 4.946) Role: conceived the study, oversaw the study, and helped to draft the manuscript.
  33. \*Emberson, M., McDonough, D., & Gao, Z. (2021). Effectiveness of smartphone based physical activity on individuals' health outcomes. *BioMed Research International, 2021*, 1-13. <https://doi.org/10.1155/2021/6296896> (Impact factor: 3.246). Role: conceived the study, oversaw the study, and helped to draft the manuscript.
  34. \*Lee, J., & Gao, Z. (2021). Racial difference in elementary children's physical activity and psychosocial beliefs in physical education. *Journal of Teaching Research and Media in Kinesiology, 7*, 8-14. Role: Oversaw the study, and assisted with writing manuscript.
  35. \*Lee, J., Zeng, N., Oh, Y., Lee, D., & Gao, Z. (2021). Effects of Pokémon Go on physical activity and health outcomes: A systematic review. *Journal of Clinical Medicine, 10*, 1860. <https://doi.org/10.3390/jcm10091860> (impact factor: 4.496) Role: Conceived the study, and assisted with writing manuscript.
  36. \*Liu, W., Yuan, Q., Zeng, N., Tao, K., Peng, Q., & Gao, Z. (2021). Relationships among college students' sedentary behavior, sleep quality, and body mass index. *International Journal of Environmental Research and Public Health, 18*(8):3946. <https://doi.org/10.3390/ijerph18083946> (impact factor: 3.364) Role: Designed and oversaw the study, and helped to draft the manuscript.
  37. \*McDonough, D.J., Liu, W, Su, X., & Gao, Z. (2021). Small-groups versus full-class exergaming on urban minority adolescents' physical activity, enjoyment, and self-efficacy. *Journal of Physical activity and Health, 18*(2), 192-198. <https://doi.org/10.1123/jpah.2020-0348>. (Impact factor: 2.592). Role: Designed and oversaw the study, and helped to write manuscript.
  38. \*McDonough, D.J., Su, X., & Gao, Z. (2021). Health wearables for weight and BMI reduction in individuals with overweight/obesity and chronic comorbidities: Systematic review and network meta-analysis. *British Journal of Sports Medicine, 55*, 917-925. doi: 10.1136/bjsports-2020-103594 (Impact factor: 18.47). Role: conceived the study, oversaw the study, and helped to draft the manuscript.
  39. Quan, M., Chen, W., Cao, M., Zhou, T., Li, L., Fang, C...**Gao, Z.**, & Chen, P. (2021). The effects of interrupting prolonged sitting programs on postprandial glycemia and insulin response: A network meta-analysis. *Journal of Sports and Health Science, 10*(4), 419-429. (impact factor: 13.08) Role: Helped with data analysis and interpretation, and helped to draft the manuscript.
  40. \*Ryu, S., Lee, J., Liu, W, McDonough, D.J., & Gao, Z. (2021). Investigating relationships among preschool children's perceived competence, motor skills and physical activity: A cross-lagged panel model. *Journal of Clinical Medicine, 10*(23), 5620. <https://doi.org/10.3390/jcm10235620>. (impact factor: 4.496) Role: conceived the study, oversaw the study, and helped to draft the manuscript.

41. \*Ryu, S., Lee, J., Zeng, N., Stodden, D., McDonough, D.J., Liu, W., & Gao, Z. (2021). Bidirectional relationships among children's perceived competence, motor skill competence, physical activity, and cardiorespiratory fitness across one school year. *BioMed Research International*, 1-13. <https://doi.org/10.1155/2021/1704947>. (Impact factor: 3.246). Role: conceived the study, oversaw the study, and helped to draft the manuscript.
42. Wang, H., Feng, L., Zhang, Y., Zhang, F., Fu, J., Wang, M., Wu, D., Feng, Q., Liu, X., Fan, C., Wang, J., Gao, W., McDonough, D., & Gao, Z. (2021). Changes in Chinese adults' physical activity behavior and determinants before and during the COVID-19 Pandemic. *Journal of Clinical Medicine*, 10, 3069. <https://doi.org/10.3390/jcm10143069> (impact factor: 4.946) Role: helped to write the manuscript.
43. \*Gao, Z., Zeng, N., McDonough, D.J., & Su, X. (2020). A systematic review of active video games on youth's body composition and physical activity. *International Journal of Sports Medicine*, 41(09): 561-573. DOI: 10.1055/a-1152-4959 (impact factor: 3.118) Role: drafted the manuscript.
44. Dong, X., Yi, X., Ding, M., Gao, Z., McDonough, D.J., Yi, N., & Qia, W. (2020). A longitudinal study of a multicomponent exercise intervention with remote guidance among breast cancer patients. *International Journal of Environmental Research and Public Health*, 17, 3425. doi:10.3390/ijerph17103425. (impact factor: 3.39) Role: involved in the conception of the study, and helped to draft the manuscript.
45. Fang, C., Zhou, T., Li, L., Lu, Y., Gao, Z., & Quan, M. (2020). Associations between daily step counts and physical fitness in preschool children. *Journal of Clinical Medicine*, 9(1), 163. <https://doi.org/10.3390/jcm9010163> (impact factor: 4.241) Role: helped to draft the manuscript.
46. Lee, J., & Gao, Z. (2020). The effect of the iPad and mobile application-integrated physical education on children's physical activity and psychosocial beliefs. *Physical Education and Sport Pedagogy*, 25(6), 567-584. DOI: 10.1080/17408989.2020.1761953 (impact factor: 5.70) Role: Oversaw the study, and helped to write manuscript.
47. \*Liu, J., McDonough, D., Wang, Y., Zhou, Y., Gao, Z., & Zhou, C. (2020). Drug dependents' family function and exercise attitudes: associations and marital status differences. *International Journal of Environmental Research and Public Health*, 17, 8111. doi:10.3390/ijerph17218111 (impact Factor: 3.39) Role: Helped with data analysis and interpretation, and helped to draft the manuscript.
48. \*Liu, W., Zeng, N., McDonough, D.J., & Gao, Z. (2020). Effect of active video games on healthy children's fundamental motor skills and physical fitness: A systematic review. *International Journal of Environmental Research and Public Health*, 17, 8264. doi:10.3390/ijerph17218264. (impact factor: 3.39) Role: conceived the study, oversaw the study, and helped to draft the manuscript.
49. \*McDonough, D.J., Liu, W., & Gao, Z. (2020). Effects of physical activity on children's motor skills development: A systematic review of randomized controlled trials. *BioMed Research International*. <https://doi.org/10.1155/2020/8160756> (Impact factor: 3.411). Role: conceived the study, oversaw the study, and helped to draft the manuscript.
50. \*McDonough, D.J., Pope, Z.C., Zeng, N., Liu, W., & Gao, Z. (2020). Comparison of college students' blood pressure, perceived exertion, and psychosocial outcomes during virtual reality, exergaming, and traditional exercise: An exploratory study. *Games for*

- Health*, 9(4), 1-7. DOI: 10.1089/g4h.2019.0196 (impact factor: 3.204) Role: oversaw the study, and helped to write manuscript.
51. \**Pope, Z.C., & Gao, Z.* (2020). Effectiveness of smartphone application and social media intervention on college student health: A pilot randomized trial. *Journal of American College Health*, 9, 1-10. doi: 10.1080/07448481.2020.1726925. (impact factor: 1.71) Role: Oversaw the study, and helped to write manuscript.
  52. \**Pope, Z., Huang, C., Stodden, D., McDonough, D., & Gao, Z.* (2020). Effect of children's weight status on physical activity and sedentary behavior during physical education, recess, and after school. *Journal of Clinical Medicine*, 9(8), 2651. <https://doi.org/10.3390/jcm9082651> (impact Factor: 4.241). Role: Designed and oversaw the study, and helped to write manuscript.
  53. \**Qian, J., McDonough, D.J., & Gao, Z.* (2020). The effectiveness of virtual reality on individual's physiological, psychological and rehabilitative outcomes: A systematic review of. *International Journal of Environmental Research and Public Health*, 17, 4133. (19). DOI: 10.3390/ijerph17114133. (impact factor: 3.39). Role: conceived the study, oversaw the study, and helped to draft the manuscript.
  54. *Lodewyk, K., & Gao, Z.* (2020). Path associations between trait personality, enjoyment, and effort by gender in high school physical education. *International Journal of Sport and Exercise Psychology*, 18(1), 108-119. DOI: 10.1080/1612197X.2018.1478871 (impact factor: 2.92) Role: Analyzed the data, and helped to draft the manuscript.
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  56. *Wang, X., Lei, S., Le, S., Yang, Y., Zhang, B., Yao, W., Gao, Z., & Cheng, S.* (2020). Bidirectional influence of the COVID-19 pandemic lockdowns on health behaviors and quality of life among Chinese adults. *International Journal of Environmental Research and Public Health*, 17, 5575. DOI: 10.3390/ijerph17155575 (impact factor: 3.39) Role: involved in the conception of the study, and helped to draft the manuscript.
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133. \* **Gao, Z.** (2012). Motivated but not active: The dilemmas of incorporating interactive dance into gym class. *Journal of Physical Activity and Health*, 9, 794-800. (impact factor: 1.95) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
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137. \* **Huang, C.**, **Gao, Z.**, Hannon, J.C., Schultz, B., Newton, M., & Jenson, W. (2012). The effect of after-school physical activities on youth's physical activity correlates and behaviors. *International Council for Health, Physical Education, Recreation, Sport, and Dance Journal of Research*, 7(2), 18-23. Role: conceived the study, participated in its design and coordination, carried out the study, and helped to draft the manuscript.
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- participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
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• ***Selected Non Peer-Reviewed Soccer Articles (in Chinese) from over 100 first-authored Publications***

1. **Gao, Z.** (2001a). Forward: The smart artist. *Football World*, 4, 19.
2. **Gao, Z.** (2001b). Analysis of different types of midfielders in soccer. *Football World*, 10, 21.
3. **Gao, Z.** (2001c). The legends of famous midfielders. *Football World*, 10, 22.
4. **Gao, Z.** (2000a). Robert Baggio: The talented soccer star. *Global Sports*, 4, 10-15.
5. **Gao, Z.** (2000b). The amazing soccer games in the five European Leagues. *New Sports*, 10, 18-25.
6. **Gao, Z.** (2000c). Three competitive soccer games in European Leagues. *Soccer Night*, 11, 20-26.
7. **Gao, Z.** (2000d). The secret weapons of the famous soccer players. *Football World*, 12, 31.
8. **Gao, Z.** (2000e). The stories inside different nationalities of the soccer players. *Football World*, 11, 20.
9. **Gao, Z.** (2000f). The evolution of soccer tactics in the past century. *Football World*, 5, 24-25.
10. **Gao, Z.** (1999a). Analysis of the Chinese National Olympic Male Soccer Team. *Football World*, 5, 3.
11. **Gao, Z.** (1999b). How do own goals happen in soccer games? *Football World*, 20, 17.
12. **Gao, Z.** (1999c). The three goals within one quarter. *Football World*, 21, 5.
13. **Gao, Z.** (1999d). Where is the future for Chinese male soccer? *Football World*, 23, 3.
14. **Gao, Z.** (1999e). Soccer brokers: Catalyst of the soccer industry. *Football World*, 23, 14 - 15.
15. **Gao, Z.** (1998a). Strategies for soccer head coaches before tournaments. *Football World*, 19, 13.
16. **Gao, Z.** (1998b). How can former soccer professionals become excellent referees? *Chinese Football Newspaper*, 8.
17. **Gao, Z.** (1998c). The dark sides of the 1998 Soccer World Cup. *Beijing Youth Daily*, July, 21.
18. **Gao, Z.** (1998d). The Secrets of Brazil soccer. *Chinese Sports Daily*, June, 6.
19. Chu, B., & **Gao, Z.** (1998). Nerve types and personality features of female youth soccer players. *Sports Science Analects*, 496-502. (Research paper in Chinese)

20. **Gao, Z.** (1997). Soccer offense and defense principles. *Football World*, 21, 18 -19.

- **Published Conference Proceedings**

**Names in *italics* indicate co-authors are/were graduate students under my mentorship**

1. *Liu, W., Zeng, N., Tao, K., Xiong, S., Li, X., & Gao, Z.* (2019). *Associations between college students' physical activity correlates and objectively-measured physical activity: A Social Ecological Perspective*. 5th International Chinese Society for Physical Activities and Health Forum Proceedings (pp. 27). Tampa, FL.
2. *McDonough, D., Pope, Z.C., Lee, J., Zeng, N., & Gao, Z.* (2019). *Effect of master experience on college students' situational interest, perceived exertion, and equilibrium during exergaming*. 5th International Chinese Society for Physical Activities and Health Forum Proceedings (pp. 26). Tampa, FL.
3. *Su, X., Zeng, N., Tao, K., Xiong, S., Li, X., & Gao, Z.* (2019). *College students' sleep quality and energy expenditure: Physical activity and diet correlates*. 5th International Chinese Society for Physical Activities and Health Forum Proceedings (pp. 15). Tampa, FL.
4. *Li, X., Liu, W., Xiong, S., Tao, K., Yang, Z., Zeng, N., & Gao, Z.* (2018). *Examining associations among motivation, physical activity and health in Chinese college students*. 4th International Chinese Society for Physical Activities and Health Forum Proceedings (pp. 38). Nashville, TN.
5. *Liu, W., Li, X., Xiong, S., Tao, K., Peng, Q., Zeng, N., & Gao, Z.* (2018) *Associations among Chinese college students' physical activity correlates and behaviors: A social ecological model*. 4th International Chinese Society for Physical Activities and Health Forum Proceedings (pp. 25). Nashville, TN.
6. *McDonough, D.J., Pope, Z.C., Lee, J., Zeng, N., & Gao, Z.* (2018, May). *College students' psychosocial outcomes and step counts during single- and double-player exergaming conditions*. 4th International Chinese Society for Physical Activities and Health Forum Proceedings (pp. 41). Nashville, TN.
7. *Xiong, S., Zeng, N., Liu, W., Tao, K., Li, X., & Gao, Z.* (2018). *College Students' physical activity, cardiovascular fitness, body composition and health status in China: A cross-sectional study*. 4th International Chinese Society for Physical Activities and Health Forum Proceedings (pp. 50). Nashville, TN.
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9. *Cheung, N., Zeng, N., Lee, J., & Gao, Z.* (2016). *Exergaming and rehabilitation in older adults: A systematic review*. 3<sup>rd</sup> International Chinese Society for Physical Activities and Health Forum Proceedings (pp. 44). Minneapolis, MN.
10. *Lee, J., & Gao, Z.* (2016). *Secular trends in relationship among psychosocial beliefs, physical activity intention and behavior among children*. 3<sup>rd</sup> International Chinese Society for Physical Activities and Health Forum Proceedings (pp. 25). Minneapolis, MN.

11. Pope, Z.C., Lee, J., & Gao, Z. (2016). *Effects of exergaming intervention on children's psychosocial beliefs and school day energy expenditure*. 3<sup>rd</sup> International Chinese Society for Physical Activities and Health Forum Proceedings (pp. 43). Minneapolis, MN.
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13. Gao, Z., Hannah, P., Barr-anderson, D., Larson, N., Thul C., & Neumark-Sztainer, D. (2015). *Growth trajectories of individuals' physical activity, sedentary behaviors, and BMI from childhood through young adulthood*. International Society of Behavioral Nutrition and Physical Activity annual meeting proceedings (pp. 618), Scotland, UK.
14. Gao, Z., Huang, C., Stodden, D., Roncesvalles, N., & Pope, Z.C. (2015). *Trajectory changes of children's daily physical activity and sedentary behaviors over two years: Effects of exergaming and physical education*. International Society of Behavioral Nutrition and Physical Activity annual meeting proceedings (pp. 29), Scotland, UK.
15. Pope, Z.C., & Gao, Z. (2015). *Kindergartner's accelerometer-determined physical activity and sedentary behaviors in exergaming*. International Society of Behavioral Nutrition and Physical Activity annual meeting proceedings (pp. 30), Scotland, UK.
16. Pope, Z.C., Lee, J., Zhang, D., & Gao, Z. (2015). *Validation of physical activity survey for during school activities in urban children*. International Society of Behavioral Nutrition and Physical Activity annual meeting proceedings (pp. 584), Scotland, UK.
17. Roure, C., Pasco, D., Kermarrec, G., & Gao, Z. (2015). High school students' situational interest predicting physical activity levels in exergaming. International Society of Behavioral Nutrition and Physical Activity annual meeting proceedings (pp. 396), Scotland, UK.
18. Lee, J., & Gao, Z. (2014). *Demographic correlates in children's physical activity and physical fitness in exergaming*. 2<sup>nd</sup> International Chinese Society for Physical Activities and Health Forum Proceedings (pp.53). St. Louis, MO.
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20. Gao, Z., & Liu, Y. (2013). *Children's pedometer-based physical activity levels in active dance video games: Effect of body mass index*. 1<sup>st</sup> International Chinese Society for Physical Activities and Health Forum Proceedings (pp.11). Charlotte, NC.
21. Gao, Z., & Huang, C. (2013). *Association among elementary children's intrinsic motivation, rate of perceived exertion and physical activity in DDR*. International Council for Health, Physical Education, Recreation, Sport, and Dance Forum Proceedings (pp.8-9). Charlotte, NC.
22. Tian, Z., Sun, Q., & Gao, Z. (2013). *Current status and analysis of construction of college sports system among top tier universities in China*. 1<sup>st</sup> International Chinese Society for Physical Activities and Health Forum Proceedings (pp.36). Charlotte, NC.
23. Gao, Z. (2011). *Project GAME: Gaming Approaches for More Exercise*. The Society of Chinese Scholars on Exercise Physiology and Fitness 2011 annual conference proceedings (pp. 23-27). Kao Hsiung, Taiwan.

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25. **Gao, Z.,** Xiang, P., Lochbaum, M. (2011). *Relationships between children's hierarchical ability beliefs, cardiovascular fitness and achievement behaviors*. The International Society of Comparative Physical Education and Sport 2011 annual conference proceedings (pp. 53). Shanghai, China.
26. **Huang, C., & Gao, Z.** (2011). *Using physically interactive video game as an extracurricular physical activity*. The International Society of Comparative Physical Education and Sport 2011 annual conference proceedings (pp. 44-45). Shanghai, China.
27. **Ning, W., & Gao, Z.** (2011). *Literature review on effect of physical activity on students' cognitive abilities and academic achievement*. The International Society of Comparative Physical Education and Sport 2011 annual conference proceedings (pp. 44). Shanghai, China.
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29. **Gao, Z.,** Hannon, J.C., & Carson, R.L. (2008). *The effects of curricular activities on middle school students' heart rate-based physical activity outcomes in physical education*. Southwest Alliance of Health, Physical Education, Recreation, and Dance 2008 Conferences Proceedings (pp. 51-54). Waikoloa, HI.
30. **Gao, Z., & Lee, A.** (2007). *Understanding students' motivation in physical education: Integration of expectancy-value model and self-efficacy theory*. In P. Xiang (Ed.), Special Interest Group: Research on Teaching and Learning in Physical Education 2007 Conferences Proceedings - American Educational Research Association (pp. 39-44). College Station, TX: Texas A&M University.

- **Interviews**

- Internet**

“Can Fitbits, Apple Watch Be a Dieter's Best Friend?” (March 22, 2021)

<https://consumer.healthday.com/3-2651089792.html>

“Wearable fitness trackers/step counters help the overweight/obese to shed the pounds: study” (March 17, 2021)

<https://medicalxpress.com/news/2021-03-wearable-trackersstep-counters-overweightobese-pounds.html>

“Wearable health trackers/step counters assist the chubby/overweight to shed the kilos: Examine” (March 17, 2021)

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“Wearable Fitness Trackers / Step Counters Help Overweight / Obesity Lose Weight: Studies” (March 17, 2021)

<https://floridanewstimes.com/wearable-fitness-trackers-step-counters-help-overweight-obesity-lose-weight-studies/180804/>

“Study: Wearable fitness trackers, step counters help users lose weight” (March 17, 2021)

[https://www.upi.com/Health\\_News/2021/03/17/wearable-health-monitors-weight-study/4951616002990](https://www.upi.com/Health_News/2021/03/17/wearable-health-monitors-weight-study/4951616002990)

“Movement video games boost preschoolers’ exercise” (January 26, 2019)

<https://www.reuters.com/article/us-health-preschoolers-exergaming/movement-video-games-boost-preschoolers-exercise-idUSKCN1PJ1ZN>

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“The effects of video game-based exercise in preschool-aged children” (January 9, 2019)

<https://medicalxpress.com/news/2019-01-effects-video-game-based-preschool-aged-children.html>

“Research Brief: The effects of video game-based exercise in preschool-aged children” (January 8, 2019)

<https://twin-cities.umn.edu/news-events/research-brief-effects-video-game-based-exercise-preschool-aged-children>

<https://medicalxpress.com/news/2019-01-effects-video-game-based-preschool-aged-children.html>

“Kids could gain from gaming: A University kinesiology professor is researching physical and cognitive activity in children through video games” (November 11, 2015)

<http://mndaily.com/news/campus/2015/11/11/kids-could-gain-gaming>

“Active Video Games Offer Health Benefit for Children/Teens: Active video games have large effect on health outcomes compared with sedentary behaviors” (May 11, 2015)

<https://consumer.healthday.com/family-practice-5/misc-kid-s-health-news-435/active-video-games-offer-health-benefit-for-children-teens-699215.html>

“From Movement to Math Scores – Kinesiology’s Zan Gao explores the potential for exergaming to change lives” (February 2014)

<http://www.cehd.umn.edu/people/profiles/Gao/>

“Yes, Video Games Can Combat Childhood Obesity” (September 6, 2013)

<http://cehdvision2020.umn.edu/cehd-blog/exergaming/>

“National Association for Sport and Physical education to honor University of Minnesota’s Zan Gao”.

[http://www.aahperd.org/naspe/awards/upload/Zan-Gao\\_Helen-Heitman-Press-Release.pdf](http://www.aahperd.org/naspe/awards/upload/Zan-Gao_Helen-Heitman-Press-Release.pdf)  
(April 25, 2013)

“Professor Zan Gao Using Video Games to Reduce Childhood Obesity”. The Chinese American Professors and Professionals Network. (July 26, 2012).

<http://scholarsupdate.zhongwenlink.com/news.asp?NewsID=8218>

“Using Video Games to Decrease Childhood Obesity”. Texas Tech University Webpage News. (November 8, 2010).

### **TV**

“Exercise-Based Video Games May Improve Students’ Fitness, Grades”. KSTP.

<http://hennepin.kstp.com/news/news/378172-exercise-based-video-games-may-improve-students-fitness-grades> (September 25, 2013).

### **Newspaper**

“Field House Classes Help Students Stay Fit”. The Daily Utah Chronicle. (September 5, 2008).

### **Magazine**

“Motivation to Move”. Connect. College of Education and Human Development, University of Minnesota (Fall, 2016)

“Exergaming for Health and Better Grades”. Connect. College of Education and Human Development, University of Minnesota (Spring, 2013)

“Meet Salud America! Grantee Zan Gao”. Robert Wood Johnson Foundation Salud America! Research Network to Prevent Obesity among Latino Children. (Spring 2010)

### **Blog**

\* **Gao, Z.**, & Chen, Y. (May 24, 2022). Integrating Eastern Mindfulness Movements into Exercise Routines in the Era of the Pandemic. *American College of Sports Medicine*. Retrieved from <https://www.acsm.org/blog-detail/acsm-certified-blog/2022/05/24/integrating-eastern-mindfulness-movements-into-exercise-routines-in-the-era-of-the-pandemic>

- ***Pending Publications***

**Names in *italics* indicate co-authors are/were graduate students under my mentorship**

1. \***Gao, Z.**, & *Su, X.* (In preparation). Effects of active video games on youth's body composition: A network meta-analysis. *British Journal of Sports Medicine*.
2. \**Su, X.*, Kim, S., *McDonough, D.J.*, & **Gao, Z.** (In review). Comparative effectiveness of lifestyle interventions on children's body composition: A network meta-analysis. *British Journal of Sports Medicine*.
3. \**He, Z.*, Hassan, M., Saiz-Gonzalez, P., Ryu, S., & **Gao, Z.** (Under review). Smartphone App-based Interventions on Physical Activity Behaviors and Psychological Correlates in Healthy Young Adults: A Systematic Review.
4. \**Hassan, M.*, *McDonough, D.J.*, Ryu, S., Zhou, W., *Oginni J.*, & **Gao, Z.** (Under review). *Comparative Effectiveness of School-Based Obesity Prevention Programs among Children and Adolescents: A Systematic Review and Network Meta-Analysis*. Under review
5. \**Liu, W.*, *McDonough, D.J.*, & **Gao, Z.** (Under review). Effects of virtual reality exercise on college students' mood and perceived exertion. *Cyberpsychology, Behavior, and Social Networking*.
6. \**Liu, W.*, *McDonough, D.J.*, & **Gao, Z.** (2020, In preparation). Effects of active video games on cognitive function development among children and adolescents: A systematic review. *Child Development*.
7. \**Liu, W.*, *Tran, S.*, *McDonough, D.*, *Zeng, N.*, & **Gao, Z.** (In preparation). College students' acute sedentary behavior, step counts, and situational interest during virtual reality. *Cyberpsychology, Behavior, and Social Networking*.
8. \**Liu, W.*, & **Gao, Z.** (in preparation). *Effects of Virtual Reality-Based Exercise on Anxiety, Depression and Mental Health: A Systematic Review*.
9. \**Ryu, S.*, & **Gao, Z.** (in preparation). Comprehensive review of current research trends in mobile health physical activity: A Topic Modeling Analysis.
10. Yin, L., Li, F., Liu, P., Yang, Z., Pi, Lin, & **Gao, Z.** (in review) Examining the Relationship between the 24-Hour Movement Guidelines and Mental Health in Chinese preschool children. *Journal of Clinical Medicine*.
11. Liu, J., **Gao, Z.**, *Oginni, J.*, Lu, T., & Zhou, C. (in review). How Exercise Reduces Drug Craving to Benefit Addiction Recovery. *Journal of Clinical Medicine*.

## Presentations

### *Invited (Non-peer-reviewed) Presentations at Professional Meetings, Conferences, etc.*

1. **Gao, Z.** (2023, January 7th). *Emerging technology for physical activity promotion and optimal development*. International Academic Forum on Intelligent Sports and Human Health (Zoom; Keynote speech).
2. **Gao, Z.** (2023, January 7th). *Promoting disease management through wearable technology and app in breast cancer survivors*. Beijing Breast Cancer Association Annual meeting (Zoom; Keynote speech).
3. **Gao, Z.** (2018, July 3rd). *Health wearables in promoting physical activity and health*. China Wisdom Health Promotion Research Symposium (Keynote Speaker). Presented at Rizhao Hotel, Shandong, China.



4. **Gao, Z.** (2017, June 18th). *Improving breast cancer survivors' disease management outcomes through smartphone apps and online health community*. USA – China Breast Cancer Research Summit (Keynote Speaker). Presented at Huayuan Hotel, Guangzhou, China.
5. **Gao, Z.** (2016, July 16th). *Status of physical education and physical education research in the USA*. Summit of Directors of Department of Physical Education in Chinese universities (Keynote Speaker). Presented at Sun Yat-sen University, Guangzhou, China.
6. **Gao, Z.** (2014, April). *Promoting physical activity and academic achievement through school-based exergaming interventions*. Presented at Minnesota Communities Caring For Children 7th Annual Healing Vessels Forum (Keynote Speaker) in St. Paul, MN, 2014
7. **Gao, Z.** (2013, April). *Evolution of school-based exergaming interventions*. Presented at National Association for Sport and Physical Education in Charlotte, NC, 2013 (Keynote Speaker).
8. **Gao, Z.** (2013, February). *Impact of Exergaming on Latino children's physical health and academic achievement*. Project presented at American College of Preventive Medicine annual meeting in Scottsdale/Phoenix, Arizona (Keynote Speaker).
9. **Gao, Z., & Xiang, P.** (2011, September). *Gaming Approaches to Promote Exercise*. Project presented at Robert Wood Johnson Foundation Salud America! annual summit meeting in San Antonio, TX, 2011.
10. **Gao, Z.** (2011, July 16<sup>th</sup> -17<sup>th</sup>). *Project GAME: Gaming Approaches for More Exercise*. Project presented at The Society of Chinese Scholars on Exercise Physiology and Fitness 2011 annual conference in Kao Hsiung, Taiwan, 2011 (Keynote Speaker).
11. **Gao, Z.** (2011, July 20<sup>th</sup>). *Project GAME*. Project presented at 2011 International Conference on Sport Science (Lifestyle management: A long-term wellness education) in Hong Kong (Keynote Speaker).
12. **Gao, Z.** (2010, September). *Integrating Dance Dance Revolution to Promote Urban Latino School Children's Physical Health and Academic Achievement*. Project presented at Robert Wood Johnson Foundation Salud America! annual summit meeting in San Antonio, TX, 2010.
13. **Gao, Z.,** Montenegro, R., Valdez, V.E., Hannon, J. C., & Xiang, P. (2009, November). *Integrating Dance Dance Revolution to promote urban Latino school children's physical health and academic achievement: Project GAME*. Project presented at Robert Wood Johnson Foundation Healthy Kids, Healthy Nation Conference in Atlanta, GA, 2009.
14. **Gao, Z.,** Montenegro, R., Valdez, V.E., Hannon, J. C., & Xiang, P. (2009, September). *Integrating Dance Dance Revolution to promote urban Latino school children's physical health and academic achievement: Project GAME*. Project presented (both poster presentation and oral presentation) at Robert Wood Johnson Foundation Salud America! annual summit meeting in San Antonio, TX, 2009. (Keynote Speaker)
15. **Gao, Z.,** Hannon, J.C., Newton, M., & Huang, C. (2009, March). *The effects of learning activity on students' situational motivation and physical activity levels in physical education*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009. [**Funded by 2008-2009 AAHPERD Research Consortium Seed Grants**]

16. **Gao, Z.** (2008, January). *Understanding students' motivation and physical activity levels in middle school physical education*. Paper presented at a special session with **2008 Hanna Lecturer** at the annual meeting of National Association for Kinesiology and Physical Education in Higher Education in Albuquerque, NM, 2008 (**NAKPEHE Young Scholar Award presentation**).

***Contributed Papers Presented at (Peer-reviewed) Professional Meetings, Conferences, etc.***

**Names in italics indicate co-authors are/were graduate students under my mentorship**

1. **Gao, Z.** (2024, May). *Application of virtual reality exercise in healthy and clinical populations*. Paper to be presented at the annual meeting of American College of Sports Medicine. Boston, MA.
2. **Gao, Z.**, Oginni, J., & Chou, L. (2024, May). *Examining Relationships among Obese Adult's 24-Hour Movement Behaviors, Blood Pressure, and Metabolic Outcomes*. Paper to be presented at the annual meeting of International Society of Behavioral Nutrition and Physical Activity. Omaha, NE.
3. *Oginni, J.*, Ryu, S., & **Gao, Z.** (2024, May). *Relationships among Older Adult's 24-Hour movement behaviors, Well-being, Cognition, and BMI*. Paper to be presented at the annual meeting of International Society of Behavioral Nutrition and Physical Activity. Omaha, NE.
4. *Oginni, J.*, Aoko, O., Osuji, C, Ajiborisade, E., & **Gao, Z.** (2024, May). *Geographic Disparities in Physical Activity, Sedentary Behavior, Play Time, And BMI In Nigerian Preschoolers*. Paper to be presented at the annual meeting of American College of Sports Medicine. Boston, MA.
5. *Ryu, S.*, & **Gao, Z.** (2024 April). *Associations of Meeting 24-Hour Movement Guidelines on Adolescent Mental Health: KYRBS 2020 – 2022*. Paper to be presented at the annual meeting of American College of Sports Medicine. Boston, MA.
6. *Ryu, S.*, & **Gao, Z.** (2024 April). *Exploring Physical Activity's Role in Adolescent Psychological Well-Being*. Paper to be presented at the annual meeting of SHAPE America! Annual Conference. Cleveland, OH.
7. Xu, B., Luo, D., Wu, H., Xiao, M., Meng, J., Wen, T., Zhang, W., Zhou, F., Sun, J., Xie, Y., & Gao, Z. (2024, May). *Alpiniae Oxyphylla Fructus improves Exhaustive Exercise-induced Acute Heart Failure In Mice*. Paper to be presented at the annual meeting of American College of Sports Medicine. Boston, MA.
8. Yi, X., Gu, C., Xu, B., Liu, Q., Dong, X., Gao, Z., Gao, Y., & Zeng, H. (2024, May). *Effects Of Socia of Health and Physical Activity on Emotionality and Depression In The Elderly: A Multiple Mediation Model*. Paper to be presented at the annual meeting of American College of Sports Medicine. Boston, MA.
9. *Zeng, H.*, *Gu, C.*, *Gao, Y.*, *Xu, B.*, **Gao, Z.**, Dong, X., Yi, X., Yang, Y., & Zhao, L. (2024, May). *Mediating Effects of School Adaptation, Quality Of Life And Physical Fitness on Pcdea In Adolescents*. Paper to be presented at the annual meeting of American College of Sports Medicine. Boston, MA.

10. Zhou, W., Zhang, Y., Li, J., Oginni, J., & Gao, Z. (2024, May). *Effect of Virtual Reality Exercise on Young Adults' Energy Expenditure and Psychological Outcomes*. Paper to be presented at the annual meeting of American College of Sports Medicine. Boston, MA.
11. Gao, Z., Su, X., & Hassan, M. (2023, June). *Comparative Effectiveness of Lifestyle Interventions on Children's Body Composition: A Systematic Review and Network Meta-Analysis*. Paper presented at the annual meeting of American College of Sports Medicine. Denver, CO.
12. Gao, Z., Ryu, S., Zhou, W., Adams, K., Hassan, M., Zhang, R., Blaes, A., Wolfson, J., & Sun, J. (2023, June). *Effects of m-Health-based Personalized Exercise Prescriptions and Online Community on Elderly Cancer Survivors' Physical Activity and Quality of Life*. Paper presented at the annual meeting of International Society of Behavioral Nutrition and Physical Activity. Uppsala, Sweden.
13. Ryu, S., Chen, Y., & Gao, Z. (2023, June). *Breast Cancer Survivors' Daily Physical Activity and Subjective Well-being: Differences by Activity Types and Weight Status*. Paper presented at the annual meeting of American College of Sports Medicine. Denver, CO.
14. Ryu, S., Chen, Y., & Gao, Z. (2023, June). *Identifying the Landscape of Research Related to Physical Activity and Quality of Life in Breast Cancer Survivors: Topic-Modeling Analysis*. Paper presented at the annual meeting of International Society of Behavioral Nutrition and Physical Activity. Uppsala, Sweden.
15. Gao, Z., Liao, N., & Chen, Y. (2022, May). *Chinese breast cancer survivors' functional fitness, biomarkers, and physical activity determinants and behavior: A descriptive study*. Paper presented at the virtual annual meeting of International Society of Behavioral Nutrition and Physical Activity.
16. Gao, Z., & Tao, K. (2022, June). *Young adults' enjoyment and motivation in exergaming dance and aerobic dance*. Paper presented at the annual meeting of SHAPE America, New Orleans, LA.
17. Gao, Z., Liu, W., & McDonough, D. (2022, June). *Acute effects of virtual reality exercise on young adults' blood pressure and feelings*. Paper presented at the annual meeting of American College of Sports Medicine. San Diego, CA.
18. Liu, W., McDonough, D., & Gao, Z. (2022, June). *Effects of virtual reality exercise intervention on health-related physiological and psychological outcomes among college students*. Paper presented at the annual meeting of American College of Sports Medicine. San Diego, CA.
19. McDonough, D., Liu, W., & Gao, Z. (2022, June). *Process evaluation of a remote, YouTube video-delivered exercise intervention during the COVID-19 pandemic*. Paper presented at the annual meeting of American College of Sports Medicine. San Diego, CA.
20. Ryu, S., Chen, Y., & Gao, Z. (2022, June). *Effects of a Tai Chi App on mental health among breast cancer survivors*. Paper presented at the annual meeting of American College of Sports Medicine. San Diego, CA.
21. Gao, Z., Lee, J., Ryu, S., Liu, W., & McDonough, D. (2021, June). *Bidirectional relationships among children's perceived competence, motor skills, physical activity and fitness*. Paper presented at the virtual annual meeting of International Society of Behavioral Nutrition and Physical Activity.

22. Lee, J., Zeng, N., Oh, Y., Lee, D., & **Gao, Z.** (2021, June). *Effects of Pokémon Go on physical activity and health outcomes: A systematic review*. Paper presented at the virtual annual meeting of International Society of Behavioral Nutrition and Physical Activity.
23. Liu, W., Li, X., & **Gao, Z.** (2021, June). *Comparison between dance-based exergaming and aerobic dance on young adults' physiological and psychological outcomes*. Paper presented at the virtual annual meeting of American College of Sports Medicine.
24. McDonough, D., Liu, W., Su, X., & **Gao, Z.** (2021, June). *Association between urban adolescents' weight status and self-efficacy during varying type exergaming*. Paper presented at the virtual annual meeting of American College of Sports Medicine.
25. Ryu, S., Lee, J., Liu, W., McDonough, D., & **Gao, Z.** (2021, June). *Investigating relationships among preschool children's perceived competence, motor skills and physical activity: A cross-lagged panel model*. Paper presented at the virtual annual meeting of American College of Sports Medicine.
26. **Gao, Z.**, Tao, K., Wang, R., & Quan, M. (2020, May). *Young adults' rating of perceived exertion and mood in exergaming dance and aerobic dance*. Paper presented at the virtual annual meeting of American College of Sports Medicine.
27. **Gao, Z.**, Lee, J., & Zeng, N., (2020, June). *Effects of exergaming on preschool children's physical activity, sedentary behavior, and cognition: A cross-over study*. Paper presented at the virtual annual meeting of International Society of Behavioral Nutrition and Physical Activity.
28. Dong, X., Yan, D., Yi, N., Wang, T., Ding, M., Yi, X., **Gao, Z.**, & Gao, D. (2020). *A longitudinal study of combined exercise intervention with internet and social media for breast cancer patient*. Paper presented at the virtual annual meeting of American College of Sports Medicine.
29. Lee, J., Fountaine, C., & **Gao, Z.** (2020, June). *Acute effect of virtual reality exercise on heart rate and mood among college students with anxiety symptomology: A pilot study*. Paper presented at the virtual annual meeting of International Society of Behavioral Nutrition and Physical Activity.
30. Liu, W., McDonough, D., Su, X., Takami, K., & **Gao, Z.** (2020, May). *Acute effects of exergaming on urban middle school children's affection between small-group and whole-class settings*. Paper presented at the virtual annual meeting of American College of Sports Medicine.
31. Liu, W., Li, X., & **Gao, Z.** (2020, June). *College students' physical activity levels and situational motivation between dance-based active video games and aerobic dance*. Paper presented at the virtual annual meeting of International Society of Behavioral Nutrition and Physical Activity.
32. Qian, J., McDonough, D., & **Gao, Z.** (2020, May). *Effectiveness of virtual reality on physiology, psychology and rehabilitation: A systematic review*. Paper presented at the virtual annual meeting of American College of Sports Medicine.
33. Su, X., Liang, M., Chu, H., & **Gao, Z.** (2020, May). *Effects of multidimensional lifestyle interventions on children's body composition and blood pressure: A network meta-analysis*. Paper presented at the virtual annual meeting of American College of Sports Medicine.

34. McDonough, D., Liu, W., Su, X., & Gao, Z. (2020, May). *Comparison of urban middle school children's physical activity, steps, and psychosocial outcomes during small-Group and full-class exergaming*. Paper presented at the virtual annual meeting of American College of Sports Medicine.
35. McDonough, D., Pope, Z.C., Zeng, N., Lee, J., Liu, W., & Gao, Z. (2020, June). *Healthy adults' and elite athletes' physical activity and physiological outcomes during exergaming and traditional exercise: A causal-comparative study*. Paper presented at the virtual annual meeting of International Society of Behavioral Nutrition and Physical Activity.
36. McDonough, D., Su, X., & Gao, Z. (2020, May). *Effects of consumer health wearables on chronically ill patients' BMI and weight loss in clinical populations: A network meta-analysis*. Paper presented at the virtual annual meeting of American College of Sports Medicine.
37. Gao, Z., Zeng, N., & Pope, Z.C. (2019, June). *Effects of active video games on preschool children's motor skills, cognition, sedentary and physical activity behaviors*. Paper presented at the annual meeting of International Society of Behavioral Nutrition and Physical Activity, Prague, Czech.
38. Gao, Z., & Zhang, P. (2019, April). *Changes of children's physical activity behaviors on weekdays and weekends*. Paper presented at the annual meeting of SHAPE, Tampa, FL.
39. Gao, Z., Zeng, N., Pope, Z.C., Wang, R., & Yu, F. (2019, June). *Effects of exergaming on motor skill competence, perceived competence, and physical activity in preschool children*. Paper presented at the annual meeting of American College of Sports Medicine, Orlando, FL.
40. Lee, J., & Gao, Z. (2019, April). *Children's physical activity and beliefs in app-based physical education classes*. Paper presented at the annual meeting of SHAPE, Tampa, FL.
41. Liu, W., Zeng, N., Pope, Z.C., McDonough, D., & Gao, Z. (2019, June). *Virtual reality exercise on college students' mood and rating of perceived exertion*. Paper presented at the annual meeting of American College of Sports Medicine, Orlando, FL.
42. Liu, W., McDonough, D., Pope, Z.C., Zeng, N., & Gao, Z. (2019, April). *Virtual reality exercise on college students' motivation and energy expenditure*. Paper presented at the annual meeting of SHAPE, Tampa, FL.
43. Liu, W., Zeng, N., Tao, K., Xiong, S., Li, X., & Gao, Z. (2019, April). *Associations between college students' physical activity correlates and objectively-measured physical activity: A Social Ecological Perspective*. Paper presented at International Chinese Society for Physical Activities and Health (ICSPAH) annual meeting, Tampa, FL.
44. McDonough, D., Pope, Z.C., Zeng, N., Liu, W., & Gao, Z. (2019, June). *College students' acute sedentary behavior, step counts, and situational interest during virtual reality*. Paper presented at the annual meeting of American College of Sports Medicine, Orlando, FL.
45. McDonough, D., Pope, Z.C., Liu, W., Zeng, N., & Gao, Z. (2019, April). *College students' physiological and psychosocial outcomes during virtual reality*. Paper presented at the annual meeting of SHAPE, Tampa, FL (**2019 SHAPE America! Graduate Student Research Award**).

46. McDonough, D., Pope, Z.C., Lee, J., Zeng, N., & Gao, Z. (2019, April). *Effect of master experience on college students' situational interest, perceived exertion, and equilibrium during exergaming*. Paper presented at International Chinese Society for Physical Activities and Health (ICSPAH) annual meeting, Tampa, FL.
47. Pope, Z.C., Barr-Anderson, D.J., Lewis, B., Pereira, M.A., & Gao, Z. (2019, June). *Use of wearable technology and social media to improve physical activity and dietary behaviors among college students: A 12-week randomized pilot study*. Paper presented at the annual meeting of American College of Sports Medicine, Orlando, FL.
48. Su, X., Zeng, N., Tao, K., Xiong, S., Li, X., & Gao, Z. (2019, April). *College students' sleep quality and energy expenditure: Physical activity and diet correlates*. Paper presented at International Chinese Society for Physical Activities and Health (ICSPAH) annual meeting, Tampa, FL.
49. Zeng, N., Pope, Z.C., & Gao, Z. (2019, June). *Associations among preschool children's motor skill competence, perceived competence, cognition and physical activity*. Paper presented at the annual meeting of American College of Sports Medicine, Orlando, FL.
50. Gao, Z. (2018, June). *Growth trajectory of young children's objective-determined physical activity, sedentary behavior and body mass index*. Paper presented at the annual meeting of International Society of Behavioral Nutrition and Physical Activity, Hong Kong, China.
51. Gao, Z., Lee, J., Stodden, D., Xiang, P., & Zhang, P. (2018, March). *Trajectory Changes of physical activity and weight status in children*. Paper presented at the annual meeting of SHAPE, Nashville, Tennessee.
52. Gao, Z., Lee, J., Pope, Z.C., Zeng, N., Zhang, Y., & Li, X. (2018, May). *Home-based exergaming for preschoolers' cognition and health outcomes: A randomized cross-over study*. Paper presented at the annual meeting of American College of Sports Medicine, Minneapolis, MN.
53. Lee, J., Zeng, N., Zhang, Y., & Gao, Z. (2018, March). *Children's psychosocial beliefs and physical activity levels in physical education*. Paper presented at the annual meeting of SHAPE, Nashville, Tennessee.
54. Lee, J., Zeng, N., Zhang, Y., & Gao, Z. (2018, June). *Moderating effect of gender on relationships between children's psychosocial beliefs and physical activity in elementary school physical education*. Paper presented at the annual meeting of International Society of Behavioral Nutrition and Physical Activity, Hong Kong, China.
55. Lee, J., Zeng, N., Zhang, Y., & Gao, Z. (2018, June). *Elementary school children's physical activity and psychosocial beliefs in physical education: Racial differences*. Paper presented at the annual meeting of International Society of Behavioral Nutrition and Physical Activity, Hong Kong, China.
56. Li, X., Liu, W., Xiong, S., Tao, K., Yang, Z., Zeng, N., & Gao, Z. (2018). *Examining associations among motivation, physical activity and health in Chinese college students*. Paper presented at 2018 International Chinese Society for Physical Activities and Health (ICSPAH) annual meeting in Nashville, TN.
57. Li, X., Liu, W., Zeng, N., Xiong, S., Tao, K., Peng, Q., & Gao, Z. (2018). *Chinese college students' physical activity, sedentary behavior, body mass index and health status: A*

- cross-section perspective*. Paper presented at 2018 International Society for Behavior Nutrition and Physical Activities (ISBNPA) annual meeting in Hongkong, China.
58. Liu, W., Pope, Z.C., Zeng, N., Lee, J., & Gao, Z. (2018, May). *Effects of exergaming on college students' mood compared to traditional treadmill exercise*. Paper presented at the annual meeting of American College of Sports Medicine, Minneapolis, MN.
  59. Liu, W., Pope, Z.C., Lee, J., Zeng, N., & Gao, Z. (2018, June). *Effects of exergaming on college students' situational interest and energy expenditure*. Paper presented at the annual meeting of International Society of Behavioral Nutrition and Physical Activity, Hong Kong, China.
  60. Liu, W., Li, X., Xiong, S., Tao, K., Peng, Q., Zeng, N., & Gao, Z. (2018, March) *Associations among Chinese college students' physical activity correlates and behaviors: A social ecological model*. Paper presented at 2018 International Chinese Society for Physical Activities and Health (ICSPAH) annual meeting in Nashville, TN.
  61. Liu, J., Zeng, N., Tao, K., Peng, Q., Li, X., Xiong, S., Pope, Z.C., & Gao, Z. (2018, May). *Associations between Chinese college students' social cognitive beliefs, physical activity, and health: Sex differences*. Paper presented at the annual meeting of American College of Sports Medicine, Minneapolis, MN.
  62. Luz, C., Cordovil, R., Rodrigues, L.P., Gao, Z., Goodway, J.D., Sacko, R... Stodden, D.F. (2018, June). *A cross-cultural comparison of motor competence and health related fitness variables between Portuguese and American children*. Paper presented at the annual meeting of The North American Society for the Psychology of Sport and Physical Activity.
  63. McDonough, D.J., Pope, Z.C., Lee, J., Zeng, N., & Gao, Z. (2018, May). *College students' situational motivation and physiological outcomes during single and double player exergaming conditions*. Paper presented at the annual meeting of American College of Sports Medicine, Minneapolis, MN.
  64. McDonough, D.J., Pope, Z.C., Lee, J., Zeng, N., & Gao, Z. (2018, May). *College students' psychosocial outcomes and step counts during single- and double-player exergaming conditions*. Paper presented at the 2018 International Chinese Society for Physical Activities and Health (ICSPAH) annual meeting in Nashville, TN.
  65. Pope, Z.C., Zeng, N., & Gao, Z. (2018, March). *Comparing physiological effects between virtual reality and traditional exercise biking*. Paper presented at the annual meeting of SHAPE, Nashville, Tennessee.
  66. Pope, Z.C., Zeng, N., Zhang, r., Lee, Y., & Gao, Z. (2018, May). *Effectiveness of combined smartwatch and social media intervention on breast cancer survivor outcomes: Randomized trial*. Paper presented at the annual meeting of American College of Sports Medicine, Minneapolis, MN.
  67. Pope, Z.C., Zeng, N., Lee, J., & Gao, Z. (2018, May). *Breast cancer survivors' psychosocial beliefs, physical activity and quality of life*. Paper presented at the annual meeting of American College of Sports Medicine, Minneapolis, MN.
  68. Tao, K., Peng, Q., Xiong, S., Li, X., & Gao, Z. (2018). *Relationship among college students' sedentary behavior, sleep quality, body mass index and diet*. Paper presented at 2018 International Society for Behavior Nutrition and Physical Activities (ISBNPA) annual meeting in Hongkong, China.

69. Xiong, S., Zeng, N., Liu, W., Tao, K., Li, X., & Gao, Z. (2018). *College Students' physical activity, cardiovascular fitness, body composition and health status in China: A cross-sectional study*. Paper presented at 2018 International Chinese Society for Physical Activities and Health (ICSPAH) annual meeting in Nashville, TN.
70. Zeng, N., Pope, Z.C., & Gao, Z. (2018, March). *Acute effect of virtual reality on college students' psychological outcomes*. Paper presented at the annual meeting of SHAPE, Nashville, Tennessee.
71. Zeng, N., Stodden, D., & Gao, Z. (2018, March). *Dynamic relationship between perceived competence and motor skills in children*. Paper presented at the annual meeting of SHAPE, Nashville, Tennessee.
72. Zeng, N., Han, C., Liao, N., & Gao, Z. (2018, May). *The effects of smartwatch intervention on breast cancer survivors' biomarkers and health outcomes*. Paper presented at the annual meeting of American College of Sports Medicine, Minneapolis, MN.
73. Zeng, N., Tao, K., Peng, Q., Xiong, S., Li, X., & Gao, Z. (2018, May). *Examining the relationships between physical activity participation and sleep quality in Chinese college students*. Paper presented at the annual meeting of American College of Sports Medicine, Minneapolis, MN.
74. Zeng, N., Tao, K., Peng, Q., Xiong, S., Li, X., & Gao, Z. (2018). *Relationship among college students' sedentary behavior, sleep quality, body mass index and diet*. Paper presented at 2018 International Society for Behavior Nutrition and Physical Activities (ISBNPA) annual meeting in Hongkong, China.
75. Zeng, N., Pope, Z.C., Lee, J., & Gao, Z. (2018, March). *College students' enjoyment, self-efficacy, and energy expenditure in exergaming and treadmill walking*. Paper presented at 2018 International Chinese Society for Physical Activities and Health (ICSPAH) annual meeting in Nashville, TN.
76. Gao, Z., Li, X., Zeng, N., Pope, Z.C., Yang, H., Liu, W... He, W. (2017 June). *Accuracy of smartwatches in assessing college students' energy expenditure in exercise with different intensities*. Presented at American College of Sports Medicine annual meeting in Denver, CO, 2017.
77. Lee, J., Pope, Z.C., Zeng, N., Zhang, Y., & Gao, Z., (2017 June). *Associations among objectively-determined physical activity, cardiorespiratory fitness and cognitive function in preschool children*. Presented at American College of Sports Medicine annual meeting in Denver, CO, 2017.
78. Pope, Z.C., Liao, N., Han, C., Zeng, N., & Gao, Z., (2017 June). *Predicting biomarkers through affordable fitness band in Chinese breast cancer survivors*. Presented at American College of Sports Medicine annual meeting in Denver, CO, 2017.
79. Pope, Z.C., Zeng, N., & Gao, Z., (2017 June). *Effects Of mhealth apps on physical activity and weight loss outcomes: A meta-analysis*. Presented at American College of Sports Medicine annual meeting in Denver, CO, 2017.
80. Zeng, N., Li, X., Yang, H., Liu, W., Xiong, H., Chen, Y... Gao, Z., (2017 June). *The effect of different types of exercise on energy expenditure in college students*. Presented at American College of Sports Medicine annual meeting in Denver, CO, 2017.



81. Zeng, N., Han, C., Liao, N., Pope, Z.C., & Gao, Z., (2017 June). *Relationships among psychosocial outcomes and physical fitness in breast cancer survivors*. Presented at American College of Sports Medicine annual meeting in Denver, CO, 2017.
82. Gao, Z., Leininger, B., Schulz, C., Bronfort, G., Evans, R., Pope, Z.C., Zeng, N., & Haas, M. (2017 March). *Relationships between physical activity and low back pain in adolescents*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
83. Fautsch, K., Pope, Z.C., Zeng, N., Zhang, Y., & Gao, Z., (2017 March). *Exercise modalities on physical activity and behavior in ASD children*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
84. Lee, J., Pope, Z.C., Zeng, N., Zhang, Y., & Gao, Z., (2017 March). *Effect of home-based Exergaming on preschool children's cognitive function and cardiorespiratory fitness*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
85. Li, X., Peng, Q., Tan, J., Yang, H., He, W., Zeng, N., & Gao, Z. (2017 March). *Relationships among Chinese college children's motives and physical activity behavior*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
86. Peng, Q., Li, X., Tan, J., Yang, H., He, W., Zeng, N., & Gao, Z. (2017 March). *Associations among college students' physical activity, sedentary time and health*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
87. Pope, Z.C., & Gao, Z., (2017 March). *Effectiveness of smartphone-based physical activity intervention on college student health: Randomized-controlled trial*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
88. Pope, Z.C., Lee, J., Zeng, N., & Gao, Z., (2017 March). *Validity of smartwatches in assessing energy expenditure and heart rate*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017 (**2017 SHAPE America! Graduate Student Research Award**).
89. Yi, X., Gao, D., Gao, Z., Wang, Y., Yu, Z., Meng, K....Yan, J. (2017 June). *Smartphone application to home-based exercise on psychological wellbeing and physical functioning for breast cancer survivors*. Presented at American College of Sports Medicine annual meeting in Denver, CO, 2017.
90. Zeng, N., Lee, J., Pope, Z.C., & Gao, Z., (2017 March). *Comparison of physiological and psychological outcomes between normal weight and overweight/obese college students during Exergaming*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
91. Zeng, N., Lee, J., Pope, Z.C., Li, X., & Gao, Z., (2017 March). *Relationship among College students' physiological outcomes during exergame play*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
92. Gao, Z., Lee, J., Stodden, D., & Roncesvalles, R. (2016). *Trajectory changes of children's energy expenditure and physical activity: The effect of physical activity regiment*. Presented at American College of Sports Medicine annual meeting in Boston, MA, 2016.

93. **Gao, Z., Lee, J., Stodden, D., Roncesvalles, R., & Pasco, D., & Huang, C.** (2016). *Effect of exergaming on children's energy expenditure and physical activity*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
94. **Gao, Z., Lee, J., & Zhang, P.** (2016). *Children's energy expenditure and physical activity during weekdays and weekends*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
95. **Cheung, N., Zeng, N., Lee, J., & Gao, Z.** (2016). *Exergaming and rehabilitation in older adults: A systematic review*. Presented at Chinese Society for Physical Activities and Health Forum in Minneapolis, MN, 2016.
96. **Lee, J., & Gao, Z.** (2016). *Dynamic relationship among elementary school children's psychosocial beliefs, outside school physical activity and screen time*. Presented at American College of Sports Medicine annual meeting in Boston, MA, 2016.
97. **Lee, J., & Gao, Z.** (2016). *Secular trends in relationship among psychosocial beliefs, physical activity intention and behavior among children*. Presented at International Chinese Society for Physical Activities and Health Forum in Minneapolis, MN, 2016.
98. **Lee, J., Stodden, D., & Gao, Z.** (2016). *Impact of exergaming on children's motor skills and health-related fitness*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
99. **Lee, J., & Gao, Z.** (2016). *Relationships among children's psychosocial beliefs, physical activity and cardiorespiratory fitness*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
100. **Pope, Z.C., Lee, J., Li, X., & Gao, Z.** (2016). *Effects of exergaming on college students' energy expenditure, physical activity and enjoyment*. Presented at American College of Sports Medicine annual meeting in Boston, MA, 2016.
101. **Pope, Z.C., Zeng, N., Lee, J., Cheung, N., Niswonger, H., Veldhouse, A., & Gao, Z.** (2016). *A meta-analysis of effects of exergaming on individuals' rehabilitation*. Presented at Exercise Is Medicine World Congress in Boston, MA, 2016.
102. **Pope, Z.C., Lee, J., & Gao, Z.** (2016). *Effects of exergaming intervention on children's psychosocial beliefs and school day energy expenditure*. Presented at Chinese Society for Physical Activities and Health Forum in Minneapolis, MN, 2016.
103. **Pope, Z.C., Lee, J., & Gao, Z.** (2016). *Exergaming and children's before and after School physical activity behaviors*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
104. **Pope, Z.C., Lee, J., & Gao, Z.** (2016). *Effects of exergaming on urban children's physical activity and fitness*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
105. **Zeng, N., Pope, Z.C., Lee, J., Li, X., & Gao, Z.** (2016). *College students' situational motivation, energy expenditure, and blood pressure in exergaming and treadmill walking*. Presented at American College of Sports Medicine annual meeting in Boston, MA, 2016.
106. **Zeng, N., & Gao, Z.** (2016). *Exergaming and motor Skills among youth and young adults: A systematic review*. Presented at Chinese Society for Physical Activities and Health Forum in Minneapolis, MN, 2016.

107. Nelson, R., Kaase, K., Niswonger, H., Cheung, N., Pope, Z.C., Zeng, N., & Gao, Z. (2016). *Effects of active video games on rehabilitation outcomes among patients*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
108. Swenson, S., Cheung, N., Pope, Z.C., & Gao, Z. (2016). *Objectively-measured determined physical activity levels during structured exercise among home-school children*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
109. Pasco, D., & Gao, Z. (2016). *Effects of Exerbike on adults' physical activity and situational motivation*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
110. Yi, X., & Gao, Z. (2016). *Effects of exercise on health outcomes among risk older adults*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
111. Gao, Z., Hannah, P., Barr-anderson, D., Larson, N., Thul C., & Neumark-Sztainer, D. (2015). *Growth trajectories of individuals' physical activity, sedentary behaviors, and BMI from childhood through young adulthood*. Paper presented at International Society of Behavioral Nutrition and Physical Activity annual meeting in Edinburgh, Scotland, 2015.
112. Gao, Z., Lee, J., & Pope, Z.C. (2015). *Effect of two physical activity interventions on preschool children's cognitive functions and perceived competence*. Paper presented at American College of Sports Medicine annual meeting in San Diego, CA, 2015.
113. Gao, Z., Pope, Z.C., & Huang, C. (2015). *Associations between children's health-related fitness and physical activity in exergaming*. Paper presented at American College of Sports Medicine in San Diego, CA, 2015.
114. Gao, Z., Huang, C., Stodden, D., Roncesvalles, N., & Pope, Z.C. (2015). *Trajectory changes of children's daily physical activity and sedentary behaviors over two years: Effects of exergaming and physical education*. Paper presented at International Society of Behavioral Nutrition and Physical Activity annual meeting in Edinburgh, Scotland, 2015.
115. Gao, Z., Gao, X., Liu, Y., Lee, J. (2015). *Assessing physical activity levels through motion sensors in exergaming*. Paper presented at Society for Health and Physical Educators annual meeting in Seattle, WA, 2015.
116. Chen, S., Nam, Y., Gao, Z., & Welk, G.J. (2015). *Intervening in adolescents' knowledge and motivation about energy balance*. Paper presented at American College of Sports Medicine annual meeting in San Diego, CA, 2015.
117. Fu, Y., Gao, Z., Hannon, J.C., & Burns, R. (2015). *Effect of SPARK on students' academic learning time in physical education*. Paper presented at Society for Health and Physical Educators annual meeting in Seattle, WA, 2015.
118. Fu, Y., Gao, Z., Hannon, J.C., Allen, B., & Burns, R. (2015). *Effect of SPARK on physical activity, cardiorespiratory endurance, and motivation in middle-school students*. Paper presented at American College of Sports Medicine annual meeting in San Diego, CA, 2015.
119. Lee, J., & Gao, Z. (2015). *The acute effect of exergaming on elementary school children's mood*. Paper presented at American College of Sports Medicine annual meeting in San Diego, CA, 2015.

120. Lee, J., Zhang, D., Nour, A., Miller, J., Liu, Z., Ignaszewski, C., Gmitterko, N., & Gao, Z. (2015). *Effects of exergaming on children's classroom behaviors and effort*. Paper presented at Society for Health and Physical Educators annual meeting in Seattle, WA, 2015.
121. Roure, C., Pasco, D., Kermarrec, G., & Gao, Z. (2015). *High school students' situational interest predicting physical activity levels in exergaming*. Paper presented to International Society of Behavioral Nutrition and Physical Activity annual meeting in Edinburgh, Scotland, 2015.
122. Pasco, D., & Gao, Z. (2015). *Impact of exergaming on high school students' situational motivation and physical activity levels*. Paper presented at 2015 Association Internationale des Ecoles Superieures d'Education Physique (International Association for Physical Education in Higher Education) annual meeting.
123. Pope, Z.C., & Gao, Z. (2015). *Kindergartner's accelerometer-determined physical activity and sedentary behaviors in exergaming*. Paper presented at International Society of Behavioral Nutrition and Physical Activity annual meeting in Edinburgh, Scotland, 2015.
124. Pope, Z.C., Lee, J., Zhang, D., & Gao, Z. (2015). *Validation of physical activity survey for during school activities in urban children*. Paper presented at International Society of Behavioral Nutrition and Physical Activity annual meeting in Edinburgh, Scotland, 2015.
125. Pope, Z.C., Gmitterko, N., Nour, A., & Gao, Z. (2015). *Effectiveness of smartphone based physical activity on individuals' health outcomes*. Paper presented at Society for Health and Physical Educators annual meeting in Seattle, WA, 2015.
126. Pope, Z.C., Huang, C., & Gao, Z. (2015). *Comparison of children's recess and after-school physical activity: Effects of school days and weight status*. Paper presented at American College of Sports Medicine annual meeting in San Diego, CA, 2015.
127. Pope, Z.C., Lee, J., Zhang, D., & Gao, Z. (2015). *Association between urban children's psychosocial beliefs and their outside school physical activity*. Paper presented at American College of Sports Medicine in San Diego, CA, 2015.
128. Li, W., Xiang, P., Shen, B., & Gao, Z. (2015). *Impact of national physical activity and health documents and guidelines on research in teaching K-12 physical education*. Paper presented at National Meeting of the American Education Research Association, 2015.
129. Gao, Z. (2014, January). *Children's physical activity levels during physical education, recess, lunch-time and after-school*. Paper presented at the National Association for Kinesiology in Higher Education Collaborative Conference and International Congress in San Diego, CA.
130. Gao, Z. (2014, May). *The role of exergaming in contributing to children's daily physical activity levels*. Paper presented at The Games for Increasing Physical Activity Conference in Houston, TX.
131. Gao, Z. (2014, August). *The role of active video games in promoting health among children*. Paper presented at North American Society for Pediatric Exercise Medicine in Minneapolis, MN, 2014.

132. **Gao, Z.**, Chen, S., & Pasco, D. (2014, May). *Effects of exergaming on children's health outcomes: A meta-analysis*. Paper presented at Congress of Exercise is Medicine annual meeting in Orlando, FL, 2014.
133. **Gao, Z.**, Huang, C., Stodden, D., Chen, S., & Feng, D. (2014, May). *Children's physical activity levels in school-based and after school programs*. Paper presented at American College of Sports Medicine annual meeting in Orlando, FL, 2014.
134. **Gao, Z.**, Stodden, D., & Feng, D. (2014, April). *Associations among elementary children's motor skills, fitness and physical activity*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
135. **Gao, Z.**, Stodden, D., Huang, C., & Feng, D. (2014, April). *Impact of exergaming on elementary children's physical activity levels*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
136. **Gao, Z.**, & Xiang, P. (2014, April). *Effects of DDR-based exercise on children's self-esteem and physical activity*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
137. Chen, S., Xiang, P., & **Gao, Z.** (2014, April). *Relationships between students' perceived relatedness and motivational outcomes in PE*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
138. Fu, Y., & **Gao, Z.** (2014, April). *Impact of BMI on children's fitness and enjoyment in PE*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
139. Huang, C., & **Gao, Z.** (2014, April). *Physical activity, Social-Cognitive variables, and stages of change in adolescents*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
140. Lee, J., **Gao, Z.**, & Nelson, T.F. (2014, April). *The role of youth sports in promoting children's physical activity*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
141. Lee, J., & **Gao, Z.** (2014, April). *Demographic correlates in children's physical activity and physical fitness in exergaming*. Paper presented at International Chinese Society for Physical Activities and Health Forum in St. Louis, MO, 2014.
142. Pope, Z.C., **Gao, Z.** (2014, August). *Examining young children's physical activity levels in an exergaming program through accelerometers and pedometers: Age and gender differences*. Paper presented at North American Society for Pediatric Exercise Medicine in Minneapolis, MN, 2014.
143. Yi, X., **Gao, Z.**, & Chen, L. (2014, April). *Examining Social Ecological determinants of RPA among Chinese Elderly*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
144. Zhang, D., Liu, Z., & **Gao, Z.** (2014, April). *Effect of static and dynamic exercise intervention to desk-type people with spinal disease*. Paper presented at International Chinese Society for Physical Activities and Health Forum in St. Louis, MO, 2014.

145. **Gao, Z.**, Stodden, D., & Ning, W. (2013, May). *A comparison of young children's physical activity levels in physical education, recess and exergaming*. Paper presented at annual meeting of World Congress of Exercise is Medicine in Indianapolis, IN, 2013.
146. **Gao, Z.**, Lewis, B., & Kosma, M. (2013, May). *Using the Transtheoretical Model to examine the effects of exergaming on physical activity among children*. Paper presented at American College of Sports Medicine annual meeting in Indianapolis, IN, 2013.
147. **Gao, Z.** (2013, April). *Children's physical activity levels in DDR by body mass index*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
148. **Gao, Z.** & Xiang, P. (2013, April). *Children's physical activity levels in interactive dance across skill levels*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
149. **Gao, Z.**, Stodden, D., & Zhang, T. (2013, April). *Examining the mediating role of perceived competence in exergaming Activities*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
150. **Gao, Z.**, & Huang, C. (2013, April). *Association among elementary children's intrinsic motivation, rate of perceived exertion and physical activity in DDR*. Paper presented at the 2013 International Council for Health, Physical Education, Recreation, Sport, and Dance Forum in Charlotte, NC, 2013.
151. **Gao, Z.**, & Liu, Y. (2013, April). *Children's pedometer-based physical activity levels in active dance video games: Effect of body mass index*. Paper presented at International Chinese Society for Physical Activities and Health Forum in Charlotte, NC, 2013.
152. *Fu, Y.*, & **Gao, Z.** (2013, May). *The influence of health-related physical fitness model on children's physical activity levels and motivation*. Paper presented at American College of Sports Medicine annual meeting in Indianapolis, IN, 2013.
153. *Fu, Y.*, & **Gao, Z.** (2013, April). *Age and gender differences of adolescents' physical activity in PE*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
154. Zhang, T., Thomas, K., & **Gao, Z.** (2013, April). *Fitness mediates motor skills and physical activity in Hispanic children*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
155. *Huang, C.*, **Gao, Z.** & Ning, W. (2013, April). *Body fat influences children's perceived competence, physical activity, and fitness*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
156. *Ning, W.*, & **Gao, Z.** (2013, April). *Associations between adolescents' situational motivation and physical activity in PE*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
157. *Ning, W.*, **Gao, Z.**, Hart, M., Zhang, Y., & Burley, H. (2013, April). *A meta-analysis of physiological and psychological benefits of exergaming*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.

158. Huang, C., & Gao, Z. (2013, April). *Protection Motivation Theory-based beliefs predicts adolescents' physical activity and intention*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
159. Huang, C., & Gao, Z. (2013, April). *Using motivational and volitional interventions to promote adolescents' physical activity*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
160. Tian, Z., Sun, Q., & Gao, Z. (2013, April). *Current status and analysis of construction of college sports system among top tier universities in China*. Paper presented at International Chinese Society for Physical Activities and Health Forum in Charlotte, NC, 2013.
161. Gao, Z., Xiang, P., & Stodden, D. (2012, May). *Impact of an integrative dance based program on urban children's physical fitness and academic achievement*. Paper presented at the annual meeting of the American College of Sports Medicine annual meeting in San Francisco, CA, 2012.
162. Gao, Z. & Zhang, T. (2012, May). *Children's physical activity levels and their psychological correlated in interactive dance versus aerobic dance*. Paper presented at the annual meeting of World Congress of Exercise is Medicine in San Francisco, CA, 2012.
163. Zhang, T., & Gao, Z. (2012, May). *Motor skill competence and physical activity: Perceived competence as a mediator*. Paper presented at the annual meeting of the American College of Sports Medicine annual meeting in San Francisco, CA, 2012.
164. Gao, Z., & Huang, C. (2012, March). *Children's motivation, perceived exertion and physical activity levels in exergaming*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
165. Gao, Z., Liu, Y., You, F., & Ning, W. (2012, March). *Fourth graders' PA levels in interactive dance across weight status*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
166. Gao, Z., Ning, W., & Stodden, D. (2012, March). *Elementary children's self-efficacy, enjoyment and perceived exertion in exergaming*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
167. Gao, Z., & Xiang, P. (2012, March). *Impact of interactive dance on children's PA and body composition*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
168. Fu, Y., & Gao, Z. (2012, March). *Comparing children's physical activity levels in DDR and aerobic dance*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
169. Ning, W., & Gao, Z. (2012, March). *Children's exercise determinants and physical education in-class activity levels in predicting physical activity behavior*. Paper for

- presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
170. Ning, W., & Gao, Z. (2012, March). *Role of exergaming in promoting physical activity and health*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
  171. Huang, C., & Gao, Z. (2012, March). *The effect of after-school physical activities on children's exercise determinants and behaviors*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
  172. Xiang, P., Chen, S., & Gao, Z. (2012, July). *Instructional choices and student engagement in physical education*. Paper accepted for presentation at the Third International Conference on Sport and Society, Cambridge University, UK, 2012.
  173. Stodden, D., Langendorfer, S. Goodway, J., Ferkel, R., & Gao, Z. (2012, June). *The relationships among motor skill competence and health-related fitness across childhood*. Paper presented at The North American Society for the Psychology of Sport and Physical Activity in Honolulu, Hawaii, 2012.
  174. Gao, Z. (2011, March). *School children's enjoyment toward traditional games and interactive dance games*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in San Diego, CA, 2011.
  175. Gao, Z. (2011, June). *Impact of an interactive video game on urban children's academic motivation and performance*. Paper presented at The International Society for Comparative Physical Education and Sport meeting (Physical Education and Sport: Challenges and Future Directions), Shanghai, China, 2011.
  176. Gao, Z., Hannon, J.C., Newton, M., & Huang, C. (2011, May). *Effects of goal setting on Latino children's performance and physical activity in Dance Dance Revolution*. Paper presented at the American College of Sports Medicine annual meeting in Denver, CO, 2011.
  177. Gao, Z., Valdez, V.E., & Xiang, P. (2011, May). *The impact of structured exercise program on urban children's physical health and academic performance*. Paper presented at annual meeting of World Congress of Exercise is Medicine in Denver, CO, 2011.
  178. Gao, Z., Xiang, P., & Lochbaum, M. (2011, June). *Examining the relationships between children's hierarchical ability beliefs, cardiovascular fitness and achievement behaviors*. Paper presented at The International Society for Comparative Physical Education and Sport meeting (Physical Education and Sport: Challenges and Future Directions), Shanghai, China, 2011.
  179. Gao, Z., Xiang, P., & McBride, R.E. (2011, April). *The influence of student teaching on physical education student teachers' self-efficacy and outcome expectancy beliefs*. Paper presented at the American Education Research Association, New Orleans, LA, 2011.
  180. Gao, Z., Xiang, P., Sheng, H., & Lodewyk, K.R. (2011, March). *Examining adolescent girls' physical activity participation and determinants*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in San Diego, CA, 2011.



181. Huang, C., & Gao, Z. (2011, June). *Using physically interactive video game as an extracurricular physical activity*. Paper presented at The International Society for Comparative Physical Education and Sport meeting (Physical Education and Sport: Challenges and Future Directions), Shanghai, China, 2011.
182. Huang, C., & Gao, Z. (2011, May). *Urban children's situational motivation, physical activity, and enjoyment in an interactive dance game*. Paper presented at American College of Sports Medicine in Denver, CO, 2011.
183. McGladrey, B.W., Hannon, J.C., Faigenbaum, A., Shultz, B.B., Shaw, J.M., & Gao, Z. (2011, March). *High school physical educators' and coaches' strength training knowledge*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in San Diego, CA, 2011.
184. Ning, W., & Gao, Z. (2011, June). *Research literature in effect of physical activity on students' cognitive abilities and academic achievement*. Paper presented at The International Society for Comparative Physical Education and Sport meeting (Physical Education and Sport: Challenges and Future Directions), Shanghai, China, 2011.
185. Williams, S.M., Hannon, J.C., Gao, Z., Mitchell, S., Newton, M., & Shultz, B.B. (2011, March). *PA levels in coed and same-sex PE using tactical games*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in San Diego, CA, 2011.
186. You, F., & Gao, Z. (2011, May). *Urban school children's health-related physical fitness and physical activity participation*. Paper presented at American College of Sports Medicine in Denver, CO, 2011.  
Destani, F., Newton, M., Hannon, J.C., Gao, Z., Shultz, B., & Kim, M. (2010, March). *Relationships among psychological climate and physical activity in physical education*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Indianapolis, IN, 2010.
187. Litvinenko, S., Newton, M., & Gao, Z. (2010, June). *Sport enjoyment of the college students after physical activity*. Paper presented at 15<sup>th</sup> European College of Sport Science Congress in Antalya, Turkey.
188. Gao, Z. (2010, June). *Examining urban Latino school children's exercise motivation and daily physical activity levels*. Paper presented at the annual meeting of World Congress of Exercise is Medicine in Baltimore, MD, 2010.
189. Gao, Z., Liang, T., & Huang, C. (2010, March). *Promoting children's exercise motivation and physical activity through interactive games*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Indianapolis, IN, 2010.
190. Gao, Z., Xiang, P., & McBride, R.E. (2010, March). *Effects of PE student teachers' beliefs on their instructional choices*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Indianapolis, IN, 2010.
191. Huang, C., & Gao, Z. (2010, March). *Relationships between students' situational interest, experience, and engagement in DDR*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in

- Indianapolis, IN, 2010 (**2010 American Alliance for Health, Physical Education, Recreation, and Dance Graduate Student Research Award**).
192. Huang, C., & Gao, Z. (2010, March). *Social cognitive variables predicting children's physical activity and cardiovascular fitness*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Indianapolis, IN, 2010.
  193. Liang, T., & Gao, Z. (2010, January). *Children's previous experiences, DDR performance, and physical activity levels*. Paper presented at the annual meeting of National Association for Kinesiology and Physical Education in Higher Education in Scottsdale, AZ, 2010.
  194. Liang, T., Gao, Z., Huang, C., & Hannon, J.C. (2010, March). *Gender differences in students' physical activity levels across different activities*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Indianapolis, IN, 2010.
  195. Gao, Z. (2009, January). *Motivated but not active: The dilemmas of integrating Dance Dance Revolution into physical education*. Paper presented at the annual meeting of National Association for Kinesiology and Physical Education in Higher Education in Sarasota, FL, 2009.
  196. Gao, Z., Huang, C., & Hannon, J.C. (2009, March). *Students' physical activity levels and motivation in Dance Dance Revolution*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009.
  197. Gao, Z., Newton, M., & Carson, R.L. (2009, January). *The relationships between students' motivation, physical activity levels, and health-related physical fitness*. Paper presented at the annual meeting of National Association for Kinesiology and Physical Education in Higher Education in Sarasota, FL, 2009.
  198. Gao, Z., Xiang, P., & Liu, W. (2009, March). *Effect of student teaching on pre-service PE teachers' efficacy beliefs*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009.
  199. Huang, C., Gao, Z., Xiang, P., & Liu, W. (2009, March). *Relationships between PE student teachers' efficacy beliefs and outcome expectancy*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009.
  200. Huang, C., Gao, Z., & Zhang, T. (2009, March). *Children's physical activity levels: Activity and gender differences*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009.
  201. Lodewyk, K., & Gao, Z. (2009, April). *Reflective persistence mediating the role of values on achievement in secondary physical education students*. Paper presented at the American Education Research Association, San Diego, CA, 2009.
  202. Oh, H., & Gao, Z. (2009, March). *Middle school students' physical activity levels by gender and grade*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009.
  203. Sheng, H., & Gao, Z. (2009, March). *Middle school students' MVPA during team sports in physical education*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009.

204. Sheng, H., & **Gao, Z.** (2009, January). *The changes of students' physical fitness over one school year*. Paper presented at the annual meeting of National Association for Kinesiology and Physical Education in Higher Education in Sarasota, FL, 2009.
205. Xiang, P., **Gao, Z.**, & McBride, R. (2009, March). *PE student teachers' use of choice for students in student teaching*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009.
206. Yang, Q., & **Gao, Z.** (2009, January). *The formation and development of American New Physical Education Theory*. Paper presented at the annual meeting of National Association for Kinesiology and Physical Education in Higher Education in Sarasota, FL, 2009.
207. Zhang, T., Solmon, M.A., **Gao, Z.**, & Gu, X. (2009, April). *Students' motivation in physical education and physical activity outside school: The role of supportive social environment*. Paper presented at the American Education Research Association, San Diego, CA, 2009.
208. Zhang, T., Solmon, M.A., **Gao, Z.**, & Gu, X. (2009, January). *Self-determination in physical education: Linking psychological need satisfaction to middle school students' affective response*. Paper presented at the annual meeting of National Association for Kinesiology and Physical Education in Higher Education in Sarasota, FL, 2009.
209. Zhang, T., Solmon, M.A., **Gao, Z.**, & Kosma, M. (2009, March). *Examining school students' participation in leisure-time physical activity behaviors*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009 (**2009 American Alliance for Health, Physical Education, Recreation, and Dance Graduate Student Research Award**).
210. Huang, C., & Gao, Z. (2009, November). *Implement martial arts into school physical education curriculum*. Paper presented at the annual meeting of the Utah Association of Health, Physical Education, Recreation, and Dance in Provo, UT, 2009.
211. **Gao, Z.**, & Yi, X. (2008, August). *Students' perceived competence, enjoyment, physical activity levels, and cardiorespiratory fitness in physical education*. Paper presented for presentation at International Convention on Science, Education and Medicine in Sport, Guangzhou, China, 2008.
212. **Gao, Z.**, Lee, A.M., Kosma, M., & Solmon, M.A. (2008, May). *Understanding students' motivation in middle school physical education: Examining the mediating role of self-efficacy on physical activity*. Paper presented at the annual meeting of the American College of Sports Medicine in Indianapolis, IN, 2008.
213. **Gao, Z.**, Hannon, J.C., & Carson, R.L. (2008, June). *The effects of curricular activities on middle school students' heart rate-based physical activity outcomes in physical education*. Paper accepted for presentation at the annual meeting of the Southwest Alliance of Health, Physical Education, Recreation, and Dance in Waikoloa, HI, 2008.
214. **Gao, Z.**, Hannon, J.C., Newton, M., & Zhang, T. (2008, April). *Middle school students' self-efficacy and achievement motivation in predicting physical activity levels in physical education*. Paper presented at the annual meeting of the American Alliance of Health, Physical Education, Recreation, and Dance in Ft. Worth, TX, 2008.

215. **Gao, Z.**, Liu, Y., Zhang, T. & Kosma, M. (2008, April). *Temporal stability of outcome expectancy in middle school physical education*. Paper presented at the annual meeting of the American Alliance of Health, Physical Education, Recreation, and Dance in Ft. Worth, TX, 2008.
216. **Gao, Z.**, Lee, A.M., & Xiang, P., & Kosma, M. (2008, March). *Students' motivation and physical activity levels in middle school physical education: The effects of activity, grade, and gender*. Paper presented at the annual meeting of the American Education Research Association, New York, NY, 2008.
217. **Gao, Z.**, Hannon, J.C., & Huang, C. (2008, November). *Promoting students' physical activity levels in Dance Dance Revolution class*. Paper presented at the annual meeting of the Utah Association of Health, Physical Education, Recreation, and Dance in Ogden, UT, 2008.
218. Domangue, E., Solmon, M.A., & **Gao, Z.** (2008, March). *Middle school students' physical activity levels and perceptions of gender in same gender and coeducational physical education classes*. Paper presented at the annual meeting of the American Education Research Association, New York, NY, 2008.
219. Zhang, T., Solmon, M.A., Domangue, E., **Gao, Z.**, & Gu, X. (2008, April) *Environmental and psychosocial correlates of physical activity in middle school children*. Paper presented at the annual meeting of the American Alliance of Health, Physical Education, Recreation, and Dance in Ft. Worth, TX, 2008.
220. Zhang, T., Solmon, M.A., Lee, A.M., & **Gao, Z.** (2008, May). *Students' situational motivation, effort, and activity levels in physical education*. Paper presented at the annual meeting of the American College of Sports Medicine in Indianapolis, IN, 2008.
221. **Gao, Z.**, Lee, A.M., Solmon, M.A., Kosma, M., Carson, R.L., Zhang, T., Domangue, E., & Moore, D. (2007, May). *Comparison of objective measures of children's in-class activity levels in middle school physical education*. Paper presented at the annual meeting of the American College of Sports Medicine in New Orleans, LA, 2007.
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### ***Published Abstracts***

**Names in *italics* indicate co-authors are/were graduate students under my mentorship**

1. **Gao, Z.**, Lee, J., Ryu, S., Liu, W., & McDonough, D. (2021, June). Bidirectional relationships among children's perceived competence, motor skills, physical activity and fitness. *International Society of Behavioral Nutrition and Physical Activity Abstract Book, 1*, 460.
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106. **Ning, W.**, **Gao, Z.**, Hart, M., Zhang, Y., & Burley, H. (2013). A meta-analysis of physiological and psychological benefits of exergaming. *Research Quarterly for Exercise and Sport*, 84(1), A-69.
107. **Zhang, T.**, Thomas, K., & **Gao, Z.** (2013). Fitness mediates motor skills and physical activity in Hispanic children. *Research Quarterly for Exercise and Sport*, 84(1), A-5.
108. **Gao, Z.**, Xiang, P., & Stodden, D. (2012, May). Impact of an integrative dance based program on urban children's physical fitness and academic achievement. *Medicine and Science in Sports and Exercise*, 44(5), S119-120.
109. **Gao, Z.** & Zhang, T. (2012, May). Children's physical activity levels and their psychological correlated in interactive dance versus and aerobic dance. *Medicine and Science in Sports and Exercise*, 44(5), S483.
110. **Zhang, T.**, & **Gao, Z.** (2012, May). Motor skill competence and physical activity: Perceived competence as a mediator. *Medicine and Science in Sports and Exercise*, 44(5), S391.

111. **Gao, Z.**, Liu, Y., You, F., & Ning, W. (2012, March). Fourth graders' PA levels in interactive dance across weight status. *Research Quarterly for Exercise and Sport*, 83(1), A-70.
112. **Gao, Z.**, & Huang, C. (2012, March). Children's motivation, perceived exertion and physical activity levels in exergaming. *Research Quarterly for Exercise and Sport*, 83(1), A-70.
113. **Gao, Z.**, Ning, W., & Stodden, D. (2012, March). Elementary children's self-efficacy, enjoyment and perceived exertion in exergaming. *Research Quarterly for Exercise and Sport*, 83(1), A-2.
114. **Gao, Z.**, & Xiang, P. (2012, March). Impact of interactive dance on children's PA and body composition. *Research Quarterly for Exercise and Sport*, 83(1), A-1.
115. Fu, Y., & **Gao, Z.** (2012, March). Comparing children's physical activity levels in DDR and aerobic dance. *Research Quarterly for Exercise and Sport*, 83(1), A-2.
116. Ning, W., & **Gao, Z.** (2012, March). Children's exercise determinants and physical education in-class activity levels in predicting physical activity behavior. *Research Quarterly for Exercise and Sport*, 83(1), A-79.
117. Ning, W., & **Gao, Z.** (2012, March). Role of exergaming in promoting physical activity and health. *Research Quarterly for Exercise and Sport*, 83(1), A-1.
118. Huang, C., & **Gao, Z.** (2012, March). The effect of after-school physical activities on children's exercise determinants and behaviors. *Research Quarterly for Exercise and Sport*, 83(1), A-48.
119. Stodden, D., Langendorfer, S. Goodway, J., Ferkel, R., & **Gao, Z.** (2012). The relationships among motor skill competence and health-related fitness across childhood. *Journal of Sport and Exercise Psychology*, 34, S13.
120. **Gao, Z.** (2011, March). School children's enjoyment toward traditional games and interactive dance games. *Research Quarterly for Exercise and Sport*, 82(1), A-40.
121. **Gao, Z.**, Hannon, J.C., Newton, M., & Huang, C. (2011, May). Effects of goal setting on Latino children's performance and physical activity in Dance Dance Revolution. *Medicine and Science in Sports and Exercise*, 43(5), S631.
122. **Gao, Z.**, Valdez, V.E., & Xiang, P. (2011, May). Impact of structured exercise program on urban children's physical health and academic performance. *Medicine and Science in Sports and Exercise*, 43(5), S23.
123. **Gao, Z.**, Xiang, P., Sheng, H., & Lodewyk, K.R. (2011, March). Examining adolescent girls' physical activity participation and determinants. *Research Quarterly for Exercise and Sport*, 82(1), A-58.
124. Fu, Y., & **Gao, Z.** (2011, May). Urban school children's health-related physical fitness and physical activity participation. *Medicine and Science in Sports and Exercise*, 43(5), S620.
125. Huang, C., & **Gao, Z.** (2011, May). Examining children's motivation, physical activity participation, and enjoyment in an interactive dance game. *Medicine and Science in Sports and Exercise*, 43(5), S224.

126. McGladrey, B.W., Hannon, J.C., Faigenbaum, A., Shultz, B.B., Shaw, J.M., & **Gao, Z.** (2011, March). High school physical educators' and coaches' strength training knowledge. *Research Quarterly for Exercise and Sport*, 82(1), A-48.
127. Williams, S.M., Hannon, J.C., **Gao, Z.**, Mitchell, S., Newton, M., & Shultz, B.B. (2011, March). PA levels in coed and same-sex PE using tactical games. *Research Quarterly for Exercise and Sport*, 82(1), A-55.
128. **Gao, Z.** (2010, May). Examining urban Latino school children's exercise motivation and daily physical activity levels. *Medicine and Science in Sport and Exercise*, 42(5), S186.
129. Destani, F., Newton, M., Hannon, J.C., **Gao, Z.**, Shultz, B., & Kim, M. (2010, March). Relationships among psychological climate and physical activity in physical education. *Research Quarterly for Exercise and Sport*, 81(1), A-47.
130. **Gao, Z.**, Liang, T., & Huang, C. (2010, March). Promoting children's exercise motivation and physical activity through interactive games. *Research Quarterly for Exercise and Sport*, 81(1), A-22.
131. **Gao, Z.**, Xiang, P., & McBride, R.E. (2010, March). Effects of PE student teachers' beliefs on their instructional choices. *Research Quarterly for Exercise and Sport*, 81(1), A-49.
132. Huang, C., & **Gao, Z.** (2010, March). Relationships between students' situational interest, experience, and engagement in DDR. *Research Quarterly for Exercise and Sport*, 81(1), A-xx-Axxii.
133. Huang, C., & **Gao, Z.** (2010, March). Social cognitive variables predicting children's physical activity and cardiovascular fitness. *Research Quarterly for Exercise and Sport*, 81(1), A-54.
134. Liang, T., **Gao, Z.**, Huang, C., & Hannon, J.C. (2010, March). Gender differences in students' physical activity levels across different activities. *Research Quarterly for Exercise and Sport*, 81(1), A-60.
135. **Gao, Z.**, Hannon, J.C., Newton, M., & Huang, C. (2009, March). The effects of learning activity on students' situational motivation and physical activity levels in physical education. *Research Quarterly for Exercise and Sport*, 80(1), A -118.
136. **Gao, Z.**, Huang, C., & Hannon, J.C. (2009, March). Students' physical activity levels and motivation in Dance Dance Revolution. *Research Quarterly for Exercise and Sport*, 80(1), A -57.
137. **Gao, Z.**, Xiang, P., & Liu, W. (2009, March). Effect of student teaching on pre-service PE teachers' efficacy beliefs. *Research Quarterly for Exercise and Sport*, 80(1), A -57.
138. Huang, C., **Gao, Z.**, Xiang, P., & Liu, W. (2009, March). Relationships between PE student teachers' efficacy beliefs and outcome expectancy. *Research Quarterly for Exercise and Sport*, 80(1), A -61.
139. Huang, C., **Gao, Z.**, & Zhang, T. (2009, March). Children's physical activity levels: Activity and gender differences. *Research Quarterly for Exercise and Sport*, 80(1), A -60.
140. Oh, H., & **Gao, Z.** (2009, March). Middle school students' physical activity levels by gender and grade. *Research Quarterly for Exercise and Sport*, 80(1), A -69.

141. Sheng, H., & **Gao, Z.** (2009, March). Middle school students' MVPA during team sports in physical education. *Research Quarterly for Exercise and Sport*, 80(1), A -74.
142. Xiang, P., **Gao, Z.**, & McBride, R. (2009, March). PE student teachers' use of choice for students in student teaching. *Research Quarterly for Exercise and Sport*, 80(1), A -84.
143. Zhang, T., Solmon, M.A., **Gao, Z.**, & Kosma, M. (2009, March). Examining school students' participation in leisure-time physical activity behaviors. *Research Quarterly for Exercise and Sport*, 80(1), A -36.
144. **Gao, Z.**, Lee, A.M., Kosma, M., & Solmon, M.A. (2008, May). Understanding students' motivation in middle school physical education: Examining the mediating role of self-efficacy on physical activity. *Medicine and Science in Sport and Exercise*, 40(5), S250.
145. **Gao, Z.**, Hannon, J.C., Newton, M., & Zhang, T. (2008, April). Middle school students' self-efficacy and achievement motivation in predicting physical activity levels in physical education. *Research Quarterly for Exercise and Sport*, 79, A -49.
146. **Gao, Z.**, Liu, Y., Zhang, T. & Kosma, M. (2008, April). Temporal stability of outcome expectancy in middle school physical education. *Research Quarterly for Exercise and Sport*, 79, A -32.
147. Zhang, T., Solmon, M.A., Lee, A.M., & **Gao, Z.** (2008, May). Students' situational motivation, effort, and activity levels in physical education. *Medicine and Science in Sport and Exercise*, 40(5), S322.
148. Zhang, T., Solmon, M.A., Domangue, E., **Gao, Z.**, & Gu, X. (2008, April) Environmental and psychosocial correlates of physical activity in middle school children. *Research Quarterly for Exercise and Sport*, 79, A -30.
149. **Gao, Z.**, Lee, A.M., Solmon, M.A., Kosma, M., Carson, R., Zhang, T., Domangue, E., & Moore, D. (2007, May). Comparison of objective measures of children's in-class activity levels in middle school physical education. *Medicine and Science in Sport and Exercise*, 39(5), 185.
150. **Gao, Z.**, Lee, A.M., & Zhang, T. (2007, March). Examining middle school students' motivation in physical education from social cognitive paradigm. *Research Quarterly for Exercise and Sport*, 78, A -57.
151. **Gao, Z.**, & Xiang, P. (2007, March). Exploring the mediating effect of self-efficacy on the relationships between achievement goals and fitness testing scores among secondary physical education students. *Research Quarterly for Exercise and Sport*, 78, A -56.
152. Yi, X., Niu, J., & **Gao, Z.** (2007, March). Analysis of intrinsic motivation in the integrated curriculum and Sport Education. *Research Quarterly for Exercise and Sport*, 78, A -78.
153. Zhang, T., Solmon, M. A., Johnson, G. L., & **Gao, Z.** (2007, March). Relative contributions of psychosocial factors in predicting college students' physical activity. *Research Quarterly for Exercise and Sport*, 78, A -87.
154. Zhang, T., Solmon, M. A., Johnson, G. L., & **Gao, Z.** (2007, March). Examining environmental influences on college students' participation in physical activity. *Research Quarterly for Exercise and Sport*, 78, A -38.



155. **Gao, Z.**, Lee, A.M., Harrison, L. Jr., & Yi, X. (2006). The role of different types of outcome expectations in physical activity. *Research Quarterly for Exercise and Sport*, 77, A -57.
156. **Gao, Z.**, Lee, A.M., Xiang, P. & Harrison, L. Jr. (2006). The relationship of goal orientations to self -determined motivation and persistence in physical activity contexts. *Research Quarterly for Exercise and Sport*, 77, A -57.
157. Harrison, L. Jr., **Gao, Z.**, Rotich, W., Li, L., & Young, M. (2006). Perception of differences between black - and white - players' movements in basketball. *Research Quarterly for Exercise and Sport*, 77, A -87.
158. Yi, X., & **Gao, Z.** (2006). Impact of national standards on curriculum of physical education teacher education. *Research Quarterly for Exercise and Sport*, 77, A -73.
159. **Gao, Z.**, & Harrison, L. Jr. (2005). Examining the role of physical self-efficacy as a function of race and gender in physical activity. *Research Quarterly for Exercise and Sport*, 76, A -72.

### Invited Lectures

1. **Gao, Z.** (2023, July 6th). *Application of mobile device applications in promoting physical activity and health*. Presented in-person for all students and teachers at Beijing Sports University.
2. **Gao, Z.** (2022, December 12th). *Application of wearables in health promotion in the past 30 years*. Presented remotely (Zoom) for all students and teachers at Beijing Sports University.
3. **Gao, Z.** (2022, November 4th). *Emerging technology in promoting physical activity and health*. Presented remotely (Zoom) at Zhejiang University.
4. **Gao, Z.** (2022, July 1st). *Emerging technology applications in health promotion*. Virtually presented to the graduate students at Shanghai Jiao Tong University via Zoom.
5. **Gao, Z.** (2022, May 28th). *Wearable technology in promoting physical activity and health*. Virtually presented to the fitness professionals at Shanghai Beijing Sports University via Classin.
6. **Gao, Z.** (2022, May 20th). *Emerging technology for physical activity promotion and optimal development*. International Chinese Society for Physical Activities and Health (Zoom; Keynote speech).
7. **Gao, Z.** (2021, November 13th). *Wearable technology for physical activity promotion*. International Chinese Society for Physical Activities and Health (Zoom).
8. **Gao, Z.** (2021, August 20th). *Emerging technology in promoting physical activity and health*. Chinese American Association of Minnesota remote seminar (Zoom).
9. **Gao, Z.** (2021, July 16th). *Emerging technology in promoting physical activity and health*. Beijing Sports University Oversee Alumni Group remote seminar (Zoom).
10. **Gao, Z.** (2021, June 10th). *Exercise is Medicine under the pandemic*. Chinese American Association of Minnesota remote seminar (Zoom).
11. **Gao, Z.** (2020, July 25th). *Emerging technology applications in physical activity measurement*. Virtually presented to the graduate students at Henan University via Zoom.

12. **Gao, Z.** (2020, July 17th). *Emerging technology applications in physical activity measurement*. Virtually presented to the graduate students at Shandong University via Voov.
13. **Gao, Z.** (2020, July 11th). *Emerging technology applications in physical activity measurement*. Virtually presented to the graduate students at Shanghai Jiao Tong University via Zoom.
14. **Gao, Z.** (2019, June 21st). *The role of school in promoting youth's physical activity in the USA*. Presented at Hunan Institute of Humanities Science and Technology, Loudi, China.
15. **Gao, Z.** (2019, June 20th). *Status of physical education and health education in the USA*. Presented at Hunan No. 1 Teachers' University, Changsha, China.
16. **Gao, Z.** (2019, June 18th). *Mobile device applications in promoting physical activity and health*. Presented at School of Leisure and Recreation, Shanghai University of Sports, Shanghai, China.
17. **Gao, Z.** (2019, June 18th). *Advances in physical activity intervention channels*. Presented at School of Physical Education, Shanghai University of Sports, Shanghai, China.
18. **Gao, Z.** (2019, June 17th). *Applications of behavioral change theories in physical activity intervention*. Presented at School of Psychology, Shanghai University of Sports, Shanghai, China.
19. **Gao, Z.** (2019, June 15th). *Physical activity intervention in Preschoolers*. Presented at Jiaxing University, Jiaxing, China.
20. **Gao, Z.** (2019, June 14th). *Scientific strength and conditioning training approaches in team sports*. Presented at Nanjing University of Sports, Nanjing, China.
21. **Gao, Z.** (2019, June 13th). *Scientific strength and conditioning training approaches in team sports*. Presented at Zhengzhou University, Zhengzhou, China.
22. **Gao, Z.** (2019, June 12th). *Advances in physical activity intervention channels*. Presented at Henan University, Kaifeng, China.
23. **Gao, Z.** (2018, October 23rd). *Status of physical education and physical education research in the USA*. Presented at Hunan Normal University, Changsha, China.
24. **Gao, Z.** (2018, October 22th). *American Educational Philosophy and Lifelong Learning*. Presented at Hunan Normal University, Changsha, China.
25. **Gao, Z.** (2018, October 19th). *Scientific strength and conditioning training approaches in team sports*. Presented at Guangzhou Sports University, Guangzhou, China.
26. **Gao, Z.** (2018, October 18th). *Scientific strength and conditioning training approaches in team sports*. Presented at Shenzhen University, Shenzhen, China.
27. **Gao, Z.** (2018, July 17th). *Health wearables in promoting physical activity and health*. Presented at Shanghai Jiaotong University, Shanghai, China.
28. **Gao, Z.** (2018, June 18th). *The role of schools in promoting youth physical activity*. Presented at Huaihua University, Huaihua, China.
29. **Gao, Z.** (2018, June 25th). *Health wearables in promoting physical activity and health*. Presented at Hunan Normal University, Changsha, China.
30. **Gao, Z.** (2017, November 23rd). *Mobile device applications in promoting physical activity and health*. Presented at Hunan University of Economy and Trading, Changsha, China.

31. **Gao, Z.** (2017, November 17th). *Mobile device applications in promoting physical activity and health*. Presented at Hunan Normal University, Changsha, China.
32. **Gao, Z.** (2017, July 19th). *Scientific strength and conditioning training approaches in soccer*. Presented at Shanghai Jiaotong University, Shanghai, China.
33. **Gao, Z.** (2017, July 19th). *Advances in physical activity intervention channels*. Presented at Shanghai Jiaotong University, Shanghai, China.
34. **Gao, Z.** (2017, July 9th). *Disease management and quality of life in breast cancer survivors: Exercise rehabilitation*. Presented at Guangdong Province General Hospital, Guangzhou, China.
35. **Gao, Z.** (2017, July 3rd). *Scientific strength and conditioning training approaches in soccer*. Presented at Hengyang Teachers University, Hengyang, China.
36. **Gao, Z.** (2017, June 27th). *Advances in physical activity intervention channels*. Presented at Xinjiang Normal University, Ürümqi, China.
37. **Gao, Z.** (2017, June 23rd). *Advances in physical activity intervention channels*. Presented at Hunan Normal University, Changsha, China.
38. **Gao, Z.** (2017, June 22nd). *Advances in physical activity intervention channels*. Presented at Hunan University of Humanities and Technology, Loudi, China.
39. **Gao, Z.** (2017, June 12th). *Advances in physical activity intervention channels*. Presented at Yichun University, Yichun, China.
40. **Gao, Z.** (2017, June 10th). *Scientific strength and conditioning training approaches in soccer*. Presented at Hengyang Normal University, Hengyang, China.
41. **Gao, Z.** (2017, May 25th). *Scientific strength and conditioning training approaches in soccer*. Presented at Beijing Sports University, Beijing, China.
42. **Gao, Z.** (2017, May 24th). *Advances in physical activity intervention channels*. Presented at Peiking University, Beijing, China.
43. **Gao, Z.** (2017, January 10th). *Smartphone applications in promoting physical activity and health*. Presented at Zhejiang Normal University, Hangzhou, China.
44. **Gao, Z.** (2017, January 8th). *Smartphone applications in promoting physical activity and health*. Presented at Yangzhou University, Yangzhou, China.
45. **Gao, Z.** (2017, January 6th). *Smartphone applications in promoting physical activity and health*. Presented at Nantong University, Nantong, China.
46. **Gao, Z.** (2017, January 4th). *Emerging technology in promoting physical activity and health*. Presented at Sun Yat-sen University, Guanzhou, China.
47. **Gao, Z.** (2016, December 28th). *Emerging technology in promoting physical activity and health*. Presented at Shanghai University of Sports, Shanghai, China.
48. **Gao, Z.** (2016, July 18th). *Current status of physical activity assessment*. Presented at Shanghai Jiaotong University, Shanghai, China.
49. **Gao, Z.** (2016, July 18th). *Emerging technology in promoting physical activity and health*. Presented at Shanghai Jiaotong University, Shanghai, China.
50. **Gao, Z.** (2016, July 8th). *Emerging technology in promoting physical activity and health*. Presented at Henan University, Kaifeng, China.

51. **Gao, Z.** (2016, June 30th). *Status of physical education and physical education research in the USA*. Presented at Hunan Institute of Engineering, Xiangtan, China.
52. **Gao, Z.** (2016, June 25th). *Emerging technology in promoting physical activity and health*. Presented at Nantong University, Nantong, China.
53. **Gao, Z.** (2016, June 24th). *Emerging technology in promoting physical activity and health*. Presented at Shandong Sports University, Jinan, China.
54. **Gao, Z.** (2016, June 22nd). *Emerging technology in promoting physical activity and health*. Presented at Beijing Sports University, Beijing, China.
55. **Gao, Z.** (2016, June 17th). *Emerging technology in promoting physical activity and health*. Presented at Huaihua University, Huaihua, China.
56. **Gao, Z.** (2016, June 16th). *Status of physical education and physical education research in the USA*. Presented at Jishou University, Jishou, China.
57. **Gao, Z.** (2016, June 15th). *The journey to physical activity epidemiology*. Presented at Hunan Agriculture University, Changsha, China.
58. **Gao, Z.** (2014, November 21st). *Promoting physical activity and health through population-based exergaming interventions*. Presented to a group of faculty and graduate students at Louisiana State University, Baton Rouge, LA, U.S.
59. **Gao, Z.** (2014, November 21st). *The journey to physical activity epidemiology*. Presented to a group of international students at Louisiana State University, Baton Rouge, LA, U.S.
60. **Gao, Z.** (2014, March 3rd). *Promoting physical activity and health through exergaming interventions*. Presented at Shanghai Jiaotong University, Shanghai, China.
61. **Gao, Z.** (2014, March 2nd). *Physical activity epidemiology research*. Presented at East China Normal University, Shanghai, China.
62. **Gao, Z.** (2013, March 20th). *Promoting physical activity and health through school-based exergaming interventions*. Presented at National Taiwan Normal University, Taiwan.
63. **Gao, Z.** (2012, June). *Physical education reform in the United States*. Presented at East China Normal University, Shanghai, China.
64. **Gao, Z.** (2011, June). *Physical education in the United States*. Presented at Chongqing University, Chongqing, China.
65. **Gao, Z.** (2011, June). *Status and trends of physical education research in the United States*. Presented at Xinan University, Chongqing, China.
66. **Gao, Z.** (2011, June). *Physical education and its research trends in the United States*. Presented at Hunan Technology University, Xiangtan, China.
67. **Gao, Z.** (2010, May). *Current status of physical education and its research in the U.S.* Presented at Beijing Sport University, Beijing, China.
68. **Gao, Z.** (2009, May). *How to make publications in SCI and SSCI journals?* Presented at Beijing Sport University, Beijing, China.
69. **Gao, Z.** (2009, May). *How to write and publish SCI- and SSCI-cited papers?* Presented at Hunan Normal University, Changsha, China.
70. **Gao, Z.** (2009, May). *How to write and publish SCI- and SSCI-cited papers?* Presented at Xiangtan University, Xiangtan, China.

71. **Gao, Z.** (2009, May). *The ways to success in the field of physical activity*. Presented at Hunan Institute of Humanities Science and Technology, Loudi, China.
72. **Gao, Z.** (2009, May). *The three states of learning*. Presented at Loudi No. 5 Middle School, Loudi, China.

### Invited Guest Lectures

1. **Gao, Z.** (2021, November 25). *Promoting Physical Activity and Health through Emerging Technology*. The II International VIRTUAL Conference on Technology in Physical Activity and Sport. University of Seville, Spain.
2. **Gao, Z.** (2020, June 17th). *Application of Advanced Technology in Physical Activity and Health Promotion*. Half-day workshop; 2020 International Society for Behavior Nutrition and Physical Activities (ISBNPA) annual meeting in Auckland, New Zealand (cancelled due to COVID-19; postponed to 2025).
3. **Gao, Z.** (2019, March). *Emerging technology in assessing physical activity*. Graduate seminar KIN 8980, School of Kinesiology at University of Minnesota
4. **Gao, Z.** (2018, June 3rd). *Emerging technology in physical activity and health*. Half-day workshop; 2018 International Society for Behavior Nutrition and Physical Activities (ISBNPA) annual meeting in Hongkong, China.
5. **Gao, Z.** (2017, October 18th). *Emerging technology in promoting physical activity and health*. PUBH 6907, Maternal, Infant, Child and Adolescent Nutrition School of Public Health, The University of Minnesota.
6. **Gao, Z.** (2015, June 10th). *Promoting children's health through population-based exergaming interventions*. Presented to a group of faculty and graduate students at European University of Brittany, France.
7. **Gao, Z.** (2015, February 24th). *Promoting health through school-based physical activity interventions*. Presented to a group of faculty and research fellows at Obesity Prevention Center at the University of Minnesota.
8. **Gao, Z.** (2015 - present). *The journey to physical activity epidemiology*. Kinesiology 1871 Survey to Kinesiology. School of Kinesiology at University of Minnesota.
9. **Gao, Z.** (2014, September 11th). *Physical activity assessment among children and adolescents*. Kinesiology 5385 Exercise and Disease Prevention. School of Kinesiology at University of Minnesota.
10. **Gao, Z.** (2014, March 27th). *Physical activity and energy expenditure assessment among children and adolescents*. Kinesiology 5585 Pediatric Exercise and Health. School of Kinesiology at University of Minnesota.
11. **Gao, Z.** (2014, March 10th). *Physical activity epidemiology*. Graduate seminar KIN 8980, School of Kinesiology at University of Minnesota.
12. **Gao, Z.** (2013, November 2nd). *Promoting physical activity and academic achievement through exergaming*. College of Education and Human Development Saturday Scholars at the University of Minnesota McNamara Alumni Center.
13. **Gao, Z.** (2013, March 28th). *Promoting physical activity and health through school-based exergaming*. Institute of Child Development at the University of Minnesota.

14. **Gao, Z.** (2012, October 26th). *Promoting physical activity and health through exergaming*. The Division of Epidemiology and Community Health at the University of Minnesota.
15. **Gao, Z.** (2011, October). *Creating a welcome video for your online course*. Invited speaker for the Teaching, Learning, and Professional Development Center seminar at Texas Tech University.
16. **Gao, Z.** (2009, October). *Factor analysis in exercise and sport psychology*. Invited lecture for the Sport Psychology graduate seminar at the University of Utah.

### **Websites**

- 2008 - 2012      [http://www.aera.net/Default.aspx?menu\\_id=382&id=5174](http://www.aera.net/Default.aspx?menu_id=382&id=5174)  
Created and maintained the website for the Special Interest Group on Research on Learning and Instruction in Physical Education, AERA
- 2006 - 2019      <http://www.icspah.net/>  
Created and maintained the website for the International Chinese Society for Physical Activities and Health

## **TEACHING AND CURRICULUM DEVELOPMENT**

### **University of Minnesota**

#### **Courses, seminars, and instructional units taught**

- KIN 3720 Martial Arts and Medicine: Traditions in China
- KIN 3982 Research Methods in Kinesiology
- KIN 3993 Directed Study in Kinesiology
- KIN 5181 Understanding Kinesiology Research (KIN 4981 in 2013-2017)
- KIN 5125 Advances in Physical Activity and Health (KIN 5720 Physical Activity Epidemiology in 2015, 2016)
- KIN 5202 Current Issues in Health
- KIN 5992 Reading in Kinesiology
- KIN 5995 Research Problems in Applied Kinesiology
- KIN 8980 Graduate Research Seminar in Kinesiology
- KIN 8995 Research Problems in Kinesiology

#### **Curriculum Development**

- KIN 3720 International Studies in Kinesiology - Martial Arts and Medicine: Traditions in China (May-June 2017)
- KIN 4981/5181 Understanding Kinesiology Research (For M.Ed. students only; fall 2013, spring 2014, fall 2014, fall 2015, fall 2016 - present)
- KIN 5720 Physical Activity Epidemiology (spring 2015, 2016; now KIN 5125 Advances in Physical Activity and Health, spring 2017)
- Grand Challenge Course: Emerging Technology in Health Promotion and Disease Prevention (not approved)

KIN 8980 Graduate Research Seminar in Kinesiology (Technology in Physical Activity and Health Promotion, spring 2018; converted it from 1-credit course to 3-credit course in 2020)

### **Collaborative Efforts and Activities**

Course Coordinator: KIN 3327 – Physical Education for Elementary Teachers

### **Faculty Development Activities regarding teaching**

10-day Workshop, “CEHD Treks,” College of Education and Human Development, University of Minnesota (August 2-12, 2021)

Workshop, “Kickstart Open Lab” University of Minnesota, School of Kinesiology (2015-2016)  
“Mid-Career Teaching Community 2015-16” University of Minnesota, Center for Educational Innovation. (2015-2016).

4-day Workshop, “CEHD Treks Flipped Classroom 2015,” College of Education and Human Development, University of Minnesota (July 2015)

3-day Workshop, “CEHD Treks Explore 2013,” College of Education and Human Development, University of Minnesota (June 2013)

Workshop, “Faculty-instructor of color community 2012-13,” University of Minnesota Office of Diversity and Equity. (2012-2013).

Workshop, “Moodle 2: Creating basic course web sites,” University of Minnesota Office of Information Technology. (August 28, 2012).

### **Texas Tech University**

#### **Courses, seminars, and instructional units taught**

ESS 5312 Behavioral and Psychological Aspects of Exercise

ESS 5315 Research Methods in Exercise and Sport Science (Distance Education)

ESS 5315 Research Methods in Exercise and Sport Science

ESS 5341 Curriculum and Instruction in Physical Education and Sport

#### **Curriculum Development**

ESS 5312 Behavioral and Psychological Aspects of Exercise

ESS 5341 Curriculum and Instruction in Physical Education and Sport

#### **Faculty Development Activities regarding teaching**

Workshop, “Tenure Academy,” Texas Tech University Teaching Learning Technology Center. (November 11, 2010).

Workshop, “Jump Start,” Texas Tech University Teaching Learning Technology Center. (August 18, 2010 - August 19, 2010).

### **University of Utah**

**Courses, seminars, and instructional units taught**

ESS 3551 Application of Human Motor Development across the Lifespan  
ESS 4700/6230 Teaching Middle School Physical Education  
ESS 4920 Independent Study  
ESS 7830 Journal Reading  
ESS 7920 Independent Study  
ESS 7954 Practicum in Effective Teaching – Doctoral

**Curriculum Development**

ESS 4700/6230 Teaching Middle School Physical Education  
ESS 7830 Journal Reading  
ESS 7954 Practicum in Effective Teaching – Doctoral

**Faculty Development Activities regarding teaching**

Workshop, “Thinking about and Practicing Sustainability in Your Teaching,” The University of Utah Center for Teaching and Learning Excellence. (April 16, 2010).  
Workshop, “Providing Effective Feedback with Subjective Assignments,” The University of Utah Center for Teaching & Learning Excellence. (March 12, 2010).  
Workshop, “Teaching Dossier,” The University of Utah Center for Teaching & Learning Excellence. (February 12, 2010).  
Workshop, “Dissecting Student Course Evaluations and Maximizing Their Value,” The University of Utah Center for Teaching & Learning Excellence. (January 8, 2010).  
Workshop, “Enhance Academic Integrity in Student Work,” The University of Utah Center for Teaching & Learning Excellence. (September 25, 2009).  
Workshop, “the Turning Point Clicker Training (Best Practices for Using Clickers Effectively),” The University of Utah Center for Teaching & Learning Excellence. (August 14, 2009).  
Workshop, “Preparing for the First Day,” The University of Utah Center for Teaching & Learning Excellence. (August 13, 2009).

**Louisiana State University**

**Courses, seminars, and instructional units taught**

KIN 4512 Life Span Motor Development  
KIN 3502 Test and Measurement in Exercise Science and Physical Education  
KIN 2577 Health and Physical Education for Elementary School  
KIN 1155 Jogging  
KIN 1428 Soccer  
KIN 1146 Beginning Weight Training

**Curriculum Development**



KIN 3502 Test and Measurement in Exercise Science and Physical Education  
KIN 1428 Soccer

## **ADVISING AND MENTORING**

### **University of Minnesota**

#### **Undergraduate Student Activities**

Undergraduate research project: Studying the Diet of Adolescent Recreational Ballet Dancers. Undergraduate Research Opportunities Program; 2012-2013

Student name: Kolbi Becker

Undergraduate research project: Effects of Exergaming on Children's Aerobic Fitness and Achievement Behaviors. Undergraduate Research Opportunities Program; 2013-2014

Student name: Chandler Ignaszewski

Undergraduate research project: Application of Smartphone Exercise App among Breast Cancer Survivors. Undergraduate Research Opportunities Program; 2015-2016

Student name: Shyamlee Nanda

Undergraduate research project: Testing the Feasibility of Using Smartphone Exercise App among Cancer Survivors. Undergraduate Research Scholarships; 2015-2016

Student name: Matthew Tran

Undergraduate research project: Effects of Exergaming on Behaviors and Physical Activity among Children with Autism Spectrum Disorders; 2015-2016

Student name: Kalli Fautsch

Undergraduate research project: Undergraduate Research Scholarships; 2017-2018

Student name: Steven Tran

Undergraduate research project: Undergraduate Research Scholarships; 2017-2018

Student name: Calli Albers

Undergraduate research project: Effects of Exergaming on Individual's Psychosocial Outcomes. Undergraduate Research Opportunities Program; 2018-2019

Student name: Shivani Mishra

#### **Undergraduate advising**

Student names: Melissa Rosecke; Lauren Poole; Sarah Minsky; Kyuhyun Bae; Chandler Ignaszewski; Nick Gmitterko; Abdimahad Nour; Nicole Cheung; Hannah Niswonger; Rebecca Nelson; Katherine Kaase; Shyamlee Nanda; Avery Veldhouse; Ian West; Megan Sulisty; Matthew Tran; Kalli Fautsch; Wenxi Zhang; Lucas Malean; Austin Hoeg; Hannah Moen; Amanda Richter; Alec Thune; Hannah Check; Nadja Melby; Laura Schultz; Waheed Momoh; Steven Tran; Ilhan Jama; Calli Albers, Shivani Mishra, Isabelle Tonsfeldt, Jiayi Liu, Madeline Lawrence, Daphne Blount, Mia Emberson; Hinako Yokokura; Anna Lalande; Danielle Wang; Triet Lu; Ronny Aragon; Vivien Duong; Ethan Lo; Jeremy Plofsky; Samantha Dreher; Jason Wang; Sabina Salemhamed; Payton Harper; Faysal Amin, Owen Gin, Sam Lee, Selina Chan

## **Graduate Student Activities**

### **Master's Student Advisees**

Xiwen Su, Effects of Multidimensional Lifestyle Interventions on Children's Body Composition: A Network Meta-analysis

Yang Xu; Juanjo Palos; Pablo Rodríguez-González; Kaitlyn Adams, Jiayi Yang, Rui Guo, Zesen Li, Hung-I Wan, Jiali Qian, Lucia Mejia, Zhaokong Chen; Jason Liu; Yue Xue; Emily Mallek; Yi Ding; Andrew Taylor; Yang Xu; Kailiang Shi; Pengxiang Zhang; Julia Courter; Siyuan Zhang; Xinya Zhang; Yang Zou; Ko Inoue; Sarah Swenson; Jun Li [M.Ed. students in Physical Activity Epidemiology Lab]

### **Master Committees Served on**

Qiyang Huang, Differential Effects of Explicit Verbal and Visual Feedback on Proprioceptive Learning: Examining Position Sense Acuity of the Forearm during Active and Passive Displacement

Morgan Betke, Explosive Training and the Effect on Measures of Power in Novice Marathoners

Stephanie Marie Grace, Household Chaos in Rural Families: Exploring the Relationship between Child Physical Activity, Sedentary Behavior, and Screen-time with the Home Environment

Tony Harris,

### **Doctoral Dissertations Directed**

#### **Doctoral Students Advised**

Jung Eun Lee, Children's Physical Activity and Psychosocial Beliefs in Mobile Application-Based Physical Education Classes Fall 2013 – 2018 (Employment: Associate Professor at University of Minnesota at Duluth, Duluth, MN, US)

Zachary C. Pope, Use of Wearable Technology and Social Media to Improve Physical Activity and Eating Behaviors among College Students: A 12-week Randomized Pilot Study Fall 2014 – 2018 (Employment: Senior Scientist, Well Living Lab; Assistant Professor of Physiology and Medicine, Mayo Clinic, Rochester, MN, US)

Nan Zeng, Associations among Physical Activity, Motor Skill Competence, Cardiovascular Fitness, Perceived Competence, and Cognitive Functions in Preschool Children Fall 2016 – 2018 (Employment: Research Assistant Professor, School of Medicine, University of New Mexico, Albuquerque, NM, US)

Wenxi Liu, Fall 2017 – 2021, Effects of Virtual Reality Exercise on Promoting Physical Activity and Health among College Students: A 4-week Randomized Control Study (Employment: Assistant Professor, Shanghai Jiaotong University, Shanghai, China)

Daniel McDonough, Fall 2017 – 2021 Use of YouTube to Improve Physical Activity and Psychosocial Outcomes among Overweight and Obese College Students: A 12-week Randomized Controlled Trial (Employment: NIH T-32 Postdoc researcher, University of Minnesota, US)

Suryeon Ryu, Fall 2020 – present

Wanjiang Zhou, Fall 2021 – present

John Oginni, 2022 -

### **Doctoral Committees Served on**

Jessica Albers, Jump Rope Programs for Children: Psychological Effects and Time and Intensity of Physical Activity

Mohamed Hassan, Reliability of the MABC-2 Checklist for Teachers and Parents of an Egyptian sample of children at risk for developmental coordination Disorder

Matt Vollum,

Hannah Walter, Nautical Affordances for Walking

Ji Wu, Shared Value Creation in Sport: Investigating the Effect of Promoting Sport Participation on Customer Purchase Intention

Justin Munafo, The Virtual Reality Head-mounted Display Oculus Rift Induces Motion Sickness and Is Sexist in Its Effects

Christopher Curry, Cybersickness in Virtual Reality Head-Mounted Displays: Examining the Influence of Sex Differences, Vehicle Control and Postural Precursors

### **Postdoctoral Researcher Hosted**

Mohamed Hassan, Faculty, Helwan University, Egypt, 2021-present

Sunyue Ye, Post-doc at Zhejiang University (now Associate Professor and Associate Dean at Jiaying University, Jiaying, Zhejiang, China), Hangzhou, China; 2017-2018

### **Visiting Scholars Hosted**

Jin Li, Associate Professor at Beijing University of Civil Engineering and Architecture, Beijing, China; 2022-2023

Meirong Huang, Professor at China University of Mining and Technology, Xuzhou, China; 2022-2023

Hiroshi Kohno, Professor, Toyo University, Tokyo, Japan, 2022-2023

Jianing Liu, Shanghai University of Sports, China, 2019-2020

Kyota Takami, Professor, Hosei University, Tokyo, Japan, 2019-2020

Chunmei Zheng, Associate Professor at Shangdong University, Jinan, China; 2016-2017

Ying Zhang, Associate Professor at Hangzhou Normal University, Hangzhou, China;  
2015-2016

Xianxiong Li, Professor at Hunan Normal University, Changsha, China; 2015-2016

Xinhua Chen, Associate Professor at Nantong University, Nantong, China; 2014-2015

Dachao Zhang, Professor at Henan University, Kaifeng, China; 2013-2014

Zhoumin Liu, Associate Professor at Hunan Agriculture University, Changsha, China;  
2013-2014

Zuguo Tian, Professor at Hunan University, Jishou, China; 2012-2013

## **Texas Tech University**

### **Graduate Student Activities**

#### **Master's Student Advisees**

Alberto Moncada

#### **Doctoral Students Advised**

Weihong Ning (2010-2012) (Employment: Associate professor, Central Connecticut State University, Connecticut, US)

## **University of Utah**

### **Graduate Student Activities**

#### **Master's Theses Directed**

Callie Collyer, Impact of After-school Structured Exercise on High School Students' Fitness Scores, May 2010

#### **Master's Student Advisees**

Thomas Lynch

Tedi Searle

Darby Cowles

Sara W. Smith

Kathryn Samson

#### **Doctoral Dissertations Directed**

You Fu, Impact of Health-related Physical Fitness Model on Children's Motivation and Physical Activity Levels in Physical Education, 2009 Fall – 2014 (Employment: Associate professor at University of Nevada - Reno, NV, US)

Chaoqun Huang, Effects of Motivational and Volitional Interventions on Adolescents' Physical Activity Behavior, 2009 Spring – Fall 2012 (Employment: Professor at Wayland Baptist University, Plainview, TX, US)

### **Doctoral Students Advised**

Tanjian Liang (2008-2010, transferred)

### **Doctoral Committees Served on**

Qingqiong Yang (Beijing Sports University)

Yingfeng Wang (Beijing Sports University)

Weihong Sun (Beijing Sports University)

Yunsik Shim (University of Utah)

Brian McGladrey (University of Utah)

Fitni Destani (University of Utah)

Skip Williams (University of Utah)

Thomas Clayton (University of Utah)

Huiping Sheng (University of New Mexico)

### **Visiting Scholars Hosted**

Jing Yan, Doctoral student at Beijing Sports University; 2009-2010

Haixia Guo, Lecturer in Xi'an University of Architecture and Technology, Xi'an, China; 2009-2010

Wen Xiong, Professor at China East Normal University, Shanghai, China; 2009-2010

Gang Song, Associate professor at Guangxi University, Nanning, China; 2009-2010

Xiaobo Yan, Lecturer in Chongqing University, Chongqing, China; 2009-2010

Qingqiong Yang, Doctoral student at Beijing Sports University; 2008-2009

Tao Liu, Associate professor, Shanghai Maritime University, Shanghai, China; 2008-2009

## **SERVICE AND PUBLIC OUTREACH**

### **Service to the Discipline/Profession/Interdisciplinary Area(s)**

#### ***Editorships***

2015 - present Associate Editor (2022-present); Editorial Board member (2015-2022), *International Journal of Behavioral Nutrition and Physical Activity* (impact factor: 8.915)

2018 - present Editorial Board member, *Journal of Clinical Medicine* (impact factor: 4.964)

2020 - present Editorial Board member, *BioMed Research International* (impact factor: 3.246)

- 2020 - present Editorial Board member, *Contemporary Clinical Trials* (impact factor: 2.226)
- 2021 - present Editorial Board member, *International Journal of Physical Activity and Health*
- 2015 - present Editorial Board member, *Games for Health Journal: Research, Development, and Clinical Applications* (impact factor: 4.07)
- 2018 - present Associate Editor (2020-present); Editorial Board member (2018-2020), *Journal of Sport and Health Science* (impact factor: 12.20)
- 2019 - present Associate Editor, *Research Quarterly for Exercise and Sport* (impact factor: 2.09)
- 2018 - present Editorial Board member, *Journal of Teaching, Research, and Media in Kinesiology*
- 2019 Guest Associate Editor (3 papers), *American Journal on Intellectual and Developmental Disabilities* (impact factor: 1.90)
- 2023 - present Co-Guest Editor, *Brain Behavior and Immunity Integrative*
- 2017 - 2021 Lead Guest Editor for 2 special issue, *BioMed Research International* (impact factor: 3.411)
- 2017 - 2021 Guest Editor for 3 special issue, *Journal of Clinical Medicine* (impact factor: 4.241)
- 2016 - 2019 Guest Editor for 4 special issues, *Journal of Sport and Health Science* (impact factor: 7.179)
- 2012 - 2018 Section Editor, *Measurement in Physical Education and Exercise Science* (impact factor: 2.17)
- 2013 - 2018 Editor-in-Chief, *Journal of Teaching, Research, and Media in Kinesiology*
- 2014 - 2019 Editorial Board member, *Austin Journal of Obesity & Metabolic Syndrome*
- 2011 - 2017 Editorial Board member, *Journal of Teaching in Physical Education* (impact factor: 4.97)
- 2008 - 2014 Review Board member, *Middle Grades Research Journal*
- 2009 - 2010 Editor-in-chief, Newsletter, International Chinese Society for Physical Activities and Health
- 2005 - 2006 Editorial Assistant, *Journal of Teaching in Physical Education*
- 2001 - 2002 World Soccer Encyclopedia Editors Committee, Beijing, China

***Journal/Grant Reviewer Experience (number of papers reviewed)***

- 2023 Reviewer, *British Journal of Sports Medicine* (1)
- 2022, 2023 Grant Reviewer, Research Grants Council (2), Hong Kong
- 2021 Grant review panel member, ZRG1 MOSS-T (54) R, National Institutes of Health, USA
- 2021 Grant Reviewer, *University of Sharjah* (1), EAU
- 2021, 2023 Grant Reviewer, *National Medical Research Council* (2), Ministry of Health, Singapore

2020 -	Reviewer, <i>Contemporary Clinical Trials</i> (3)
2021	Reviewer, <i>Neural Plasticity</i> (2)
2020	Reviewer, <i>Scandinavian Journal of Medicine and Science in Sports</i> (1)
2019	Reviewer, <i>Journal of American College Health</i> (1)
2019	Abstract reviewer, The 2 <sup>nd</sup> International Early Childhood Sports and Games Association Forum (10)
2018	Reviewer, <i>Journal of Clinical Exercise Physiology</i> (1)
2018	Reviewer, <i>BMC-Open</i> (1)
2018	Reviewer, <i>Journal of Shanghai University of Sports</i> (3)
2017	Reviewer, <i>Medicine &amp; Science in Sports &amp; Exercise</i> (2)
2017	Grant Reviewer, <i>Gent University</i> (1), Belgium
2017	Reviewer, <i>American Journal of Preventive Medicine</i> (1)
2016	Reviewer, <i>BMC Research notes</i> (1)
2016	Grant Reviewer, University of Cyprus, Cyprus (1)
2015 -present	Reviewer, <i>Plos One</i> (5)
2015 -present	Reviewer, <i>International Journal of Behavioral Nutrition and Physical Activity</i> (32)
2015	Reviewer, <i>BMC Health Service Communication</i> (1)
2015	Reviewer, <i>Journal of Health Communication</i> (1)
2015	Reviewer, <i>Pediatric Exercise Science</i> (1)
2014-2016	Grant Reviewer, <i>The Kansas City Area Life Sciences Institute Outcome Research Grants</i> (2)
2014-2015	Grant Reviewer, <i>Department of Defense Congressionally Directed Medical Research Programs - JPC-1 program</i> (2)
2015	Reviewer, <i>Preventive Medicine Reports</i> (1)
2015 -present	Reviewer, <i>Journal of Sport Science</i> (3)
2014 -present	Reviewer, <i>Obesity Review</i> (8)
2014	Reviewer, <i>Health Education Journal</i> (1)
2014	Reviewer, <i>Health</i> (1)
2014	Reviewer, <i>Journal of Immigrant and Minority Health</i> (1)
2014 -present	Reviewer, <i>Journal of Sport and Health Science</i> (89)
2014 -present	Reviewer, <i>Pediatric Obesity</i> (4)
2013 -2016	Grant Reviewer, Research grant review committee, American Alliance of Health, Physical Education, Recreation, and Dance Research Council (SHAPE America!) (6)
2013	Reviewer, <i>British Journal of Educational Psychology</i> (1)
2013- present	Reviewer, <i>Annals of Behavioral Medicine</i> (3)
2013- present	Reviewer, <i>Games for Health Journal</i> (50)
2013- present	Reviewer, <i>Cyberpsychology, Behavior, and Social Networking</i> (3)
2013	Reviewer, <i>Journal of Adolescent</i> (1)

2013	Reviewer, <i>International Journal of Sport and Exercise Psychology</i> (1)
2013	Reviewer, <i>Journal of Science and Medicine in Sport</i> (1)
2013 -present	Abstract reviewer, International Chinese Society for Physical Activities and Health Forum (60)
2012, 2020	Grant proposal reviewer, Czech Science Foundation (2)
2011	Abstract reviewer, National Association for Sport and Physical Education (6)
2011	Grant Reviewer, <i>Head Start Body Start play space</i> grant applications (10)
2012	Reviewer, <i>Archives of Pediatrics and Adolescent Medicine</i> (1)
2012	Reviewer, <i>Asia Pacific Education Review</i> (1)
2012	Reviewer, <i>Health Education Research</i> (1)
2012	Reviewer, <i>Learning and Individual Differences</i> (1)
2011 - 2015	Reviewer, <i>American Journal of Public Health</i> (2)
2011 - 2014	Reviewer, <i>Journal of Exercise Science and Fitness</i> (5)
2011 - 2015	Reviewer, <i>Sport, Exercise &amp; Performance Psychology</i> (4)
2011	Reviewer, <i>Journal of Physical Education and Sport Management</i> (1)
2010	Reviewer, <i>Current Issues in Education</i> (1)
2010 - present	Reviewer, <i>Measurement in Physical Education and Exercise Science</i> (21)
2010 - 2014	Reviewer, <i>European Physical Education Review</i> (2)
2009 - present	Reviewer, <i>Journal of School Health</i> (9)
2009 - 2013	Reviewer, <i>Journal of Educational Research</i> (3)
2009 - present	Reviewer, <i>Perceptual and Motor Skills</i> (5)
2009 - 2014	Reviewer, <i>International Council for Health, Physical Education, Recreation, Sport, and Dance Journal of Research</i> (11)
2008 - present	Reviewer, <i>Research Quarterly for Exercise and Sport</i> (39)
2008	Reviewer, <i>Tourism Management</i> (1)
2008 - present	Reviewer, abstract review for American Alliance of Health, Physical Education, Recreation, and Dance (SHAPE America!) national conference (over 100)
2008 - present	Reviewer, <i>Journal of Physical Activity and Health</i> (14)
2008	Reviewer, abstract review for International Convention on Science, Education and Medicine in Sport (10)
2007 - present	Reviewer, <i>Journal of Teaching in Physical Education</i> (80)
2006 - 2014	Reviewer, <i>Journal of Sport and Exercise Psychology</i> (6)
2006 - 2011	Reviewer, abstracts for the Special Interest Group on Research on Learning and Instruction in Physical Education for the annual meeting of AERA (over 30)
<b>Review Service to Tenure/Promotion</b>	
2022	External expert reviewer (1), Western University, Canada



2021	External expert reviewer (1), The University of Utah, USA
2021	External expert reviewer (1), Peiking University, China
2017 – 2023	External expert reviewer (3), Zhejiang University, China
2017 – 2020	External expert reviewer (2), University of Macau, China

## **Service to The University/College/Department**

### *University of Minnesota Service*

#### **University Committees**

2022 - 2023	Committee Member, The University Senate's Committees on Committee, The University of Minnesota
2021 - 2022	Committee Member, The Faculty Senate's Faculty Consultative Committee, The University of Minnesota
2020 - 2023	Committee Member, Williamson Hall Building Advisory Committee, The University of Minnesota
2013 - 2019	Committee Member, The University Senate's Social Concerns Committee, The University of Minnesota
2018	Committee Member, Multicultural Research Award review committee, The University of Minnesota
2016 – 2023	Member, Masonic Cancer Center, The University of Minnesota
2013 – 2023	Member, Obesity Prevention Center, The University of Minnesota
2019 – 2023	Member, Nutrition and Obesity Research Center, The University of Minnesota

#### **College Committees**

2023 -	Administrative Council Member, College of Education, Health, and Human Sciences, The University of Tennessee, Knoxville
2021 - 2023	Member, International Student Advisory Group, College of Education and Human Development, The University of Minnesota
2020 - 2021	Member, Graduate Education Task Group on Graduate Faculty Status Subcommittee, College of Education and Human Development, The University of Minnesota
2019 -	Member, Graduate Curriculum Council, College of Education and Human Development, The University of Minnesota
2018 - 2019	Member, the Grant Writing Course Workgroup, College of Education and Human Development, The University of Minnesota
2017 – 2020	Committee Member, the Finance Committee, College of Education and Human Development, The University of Minnesota

#### **Department Committees**

2022 – 2023	Chair, Faculty Mentor Committee, Physical Activity and Health Promotion emphasis area; School of Kinesiology, The University of Minnesota
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2022 – 2023	Lead, The self-study team of the 2023 National Academy of Kinesiology’s doctoral graduate program evaluation; School of Kinesiology, The University of Minnesota
2021 – 2022	Member, Physical Activity and Health Promotion Junior Faculty Search Committee, School of Kinesiology, The University of Minnesota
2019 – 2020	Member, Promotion and Tenure Criteria, Standards, and Procedures Revision Committee, School of Kinesiology, The University of Minnesota
2019 – 2020	Member, Movement Science Junior Faculty Search Committee, School of Kinesiology, The University of Minnesota
2019 – 2023	Advisor, Kinesiology Student Council, School of Kinesiology, The University of Minnesota
2019 – 2023	Director of Graduate Studies; Chair, Graduate Education Committee; School of Kinesiology, The University of Minnesota
2017 – 2021	Group leader, Physical Activity and Health Emphasis Area, School of Kinesiology, The University of Minnesota
2016 – 2019	Member, Graduate Education Committee, School of Kinesiology, The University of Minnesota
2018	Member, School Mission Task Force Committee, School of Kinesiology, The University of Minnesota
2016 – 2017	Member, Director of School Search Committee, School of Kinesiology, The University of Minnesota
2017 - 2019; 2014 - 2016	Member, Undergraduate Education Committee, School of Kinesiology, The University of Minnesota
2013 – 2014	Member, M.Ed. graduate Committee, School of Kinesiology, The University of Minnesota
2012 – 2013	Member, Facilities, Space and Technology Committee, School of Kinesiology, The University of Minnesota
2012 – 2013	Member, Director of eLearning search Committee, School of Kinesiology, The University of Minnesota

***Service at Other Institutions Committees***

2008 - 2014	Member, Dissertation Committee Memberships, College of Health, The University of Utah
2011 - 2012	Scholarship Committee, Department of Health, Exercise and Sport Science, Texas Tech University
2010 - 2012	Member, Graduate Committee Memberships, College of Arts and Science, Texas Tech University
2008 – 2010	Graduate Scholarship Committee, Department of Exercise and Sport Science, The University of Utah
2007 - 2010	Member, Computer Technology Committee, College of Health, The University of Utah

2009 - 2010	Member, Dissertation Committee Memberships, Graduate School, Beijing Sports University
2007 – 2008	Faculty Searching Committee, Department of Exercise and Sport Science, The University of Utah
2006 - 2007	Undergraduate Student Committee, Department of Kinesiology, Louisiana State University
2005 - 2006	Teaching Enhance Committee, Department of Kinesiology, Louisiana State University
2005 - 2006	Links, International Service Office, Louisiana State University
2004 - 2005	Faculty Searching Committee, Department of Kinesiology, Louisiana State University
2004 - 2005	Undergraduate Student Committee, Department of Kinesiology, Louisiana State University
1996 - 1998	Publicity Secretary of Student Association, Graduate School, Beijing Sport University, Beijing, China
1993 - 1995	Publicity Secretary of University’s Student Association, Hunan Normal University, Changsha, China

## **Public and Other Service**

### **Service to Profession**

2020 – 2026	Member, American College of Sports Medicine’s Diversity Action Committee
2019 – 2022	Treasurer, Cancer and Prevention Management SIG, International Society of Behavioral Nutrition and Physical Activity
2017 – 2018	Chair, International Chinese Society for Physical Activities and Health Executive Committee
2016 – 2018	President-Elect; President; Immediate Past-President; International Chinese Society for Physical Activities and Health
2015, 2018, 2022	Review Panel Chair, Research Council, Society for Health and Physical Educators annual conference
2015-2019	Session presider, Society for Health and Physical Educators national conferences
2014-2020	Social Media sub-committee, International Society of Behavioral Nutrition and Physical Activity
2013-2016, 2022	Grant review committee member, Research Council, Society for Health and Physical Educators
2014-2017	Member, American College of Sports Medicine’s Strategic Health Initiatives: Youth Sports and Health Committee
2012-2014	Member, American Alliance of Health, Physical Education, Recreation, and Dance Research Consortium Ethics Committee

2013, 2014	Technology Committee Chair, 1 <sup>st</sup> and 2 <sup>nd</sup> International Chinese Society for Physical Activities and Health (ICSPAH) Forum
2012-2014	Symposium session planner, American Alliance of Health, Physical Education, Recreation, and Dance
2012-2018	Chair, Website maintenance and ICSPAH promotion committee, International Chinese Society for Physical Activities and Health
2011-2012	Student Research Poster Evaluation Committee, Texas Chapter of American College of Sport Medicine
2011	Session presider, The International Society of Comparative Physical Education and Sport 2011 annual conference
2010-2011	Meeting planner, International Chinese Society for Physical Activities and Health
2010	Session chair, the Special Interest Group on Research on Learning and Instruction in Physical Education, AERA
2009-2011	Physical education at the secondary level commission member, International Council for Health, Physical Education, Recreation, Sport, and Dance
2008- 2014	Bylaws committee member, National Association for Kinesiology in Higher Education
2009 -2011	General Secretary, International Chinese Society for Physical Activities and Health
2009 -2011	Chairperson of the Newsletter Committee, International Chinese Society for Physical Activities and Health
2008 – 2012	Web content manager, the Special Interest Group on Research on Learning and Instruction in Physical Education, AERA
2008 – 2014	Session presider, American Alliance of Health, Physical Education, Recreation, and Dance national conferences
2006 – 2018	Web Manager, International Chinese Society for Physical Activities and Health
2006 - 2007	Executive Committee student representative, International Chinese Society for Physical Activities and Health
2003	Computer Technician, Local Planning Committee, National Physical Education Teacher Education Conference, Baton Rouge, LA

### **Public Service**

2019 - 2023	General Secretary, Youth Program and Sport Events Committee Chair, Chinese American Association of Minnesota
2022 - 2023	Soccer Coach, Sporting St. Croix Soccer Club, Minnesota
2019	Soccer Coach, Salvo Soccer Club, Minnesota
2018 - 2020	Liaison of The Community Fund Drive, School of Kinesiology, The University of Minnesota

2013	Member, Founding committee, Chinese Faculty Association at University of Minnesota
2008 - 2010	Liaison/Representative at University of Utah, Chinese American Scholars Net
2006 - 2007	Voluntary secondary physical education teacher at a local public school (Louisiana State University Laboratory School)
2006	Coach/Manager, Louisiana State University –University of Louisiana at Lafayette United Soccer Team for playing Southern America Chinese Soccer Cup
February 2005	Project Manager, Louisiana State University Chinese Spring Festival Celebration Events
2005 - 2006	Captain, Louisiana State University Chinese Soccer Team, Louisiana State University
2004 - 2005	Vice-president & Web manager, Chinese Student and Scholar Association, Louisiana State University

### **DEVELOPMENT ACTIVITIES ATTENDED**

“The College Hub to Aspire, Inspire, and Reinvent (CHAIR) Leadership Program”, College of Education and Human Development, University of Minnesota (2022 - 2023)

“Spring 2022 University of Minnesota Supervisory Development Course”, University of Minnesota. (2022).

10 Equity and Diversity Certificate Program workshops, “Equity and Diversity Certificate”, University of Minnesota. (2021-2022).

Leadership Development Workshop, “Leading for Equity”, National Association of Kinesiology in Higher Education. (July 8-9, 2021).

Workshop, “NIH Virtual Seminar,” National Institute of Health (October 27-31, 2020)

Workshop, “CEHD Leads Program (for future administrators in higher education),” University of Minnesota (2017 - 2018)

Workshop, “NIH Regional Seminar,” National Institute of Health (October 26-27, 2017)

Workshop, “Mendeley: Get Organized,” University of Minnesota, University Libraries (January 24, 2013)

Seminar, “TIPS: Specific Aims,” Texas Tech University Office of Vice President for Research. (January 14, 2011).

Workshop, “Budget basics,” Texas Tech University Office of Research Services. (November 19, 2010).

Workshop, “Grants.gov,” Texas Tech University Office of Research Services. (November 12, 2010).

Workshop, “NSF Fastlane,” Texas Tech University Office of Research Services. (October 8, 2010).

Seminar, “Research orientation for faculty,” Texas Tech University Office of Vice President for Research. (September 17, 2010).

Workshop, "To Insure Proposal Success," Texas Tech University The Office of Research Services and Office of the Vice President for Research. (September 3, 2010).

Workshop, "Grant-Writing Workshop: Foundations and Charities training class," The University of Utah Office of the Vice President for Research. (February 9, 2010).

Workshop, "Electronic Application through Grants.Gov," The University of Utah Office of the Vice President for Research. (January 20, 2010).

Continuing Education Program, "Grant Proposal Writing," Institute for Strategic Funding Development. (January 10, 2010 - January 14, 2010).

Workshop, "Grant Writing Workshop: The National Institutes of Health (NIH)," The University of Utah Office of the Vice President for Research. (November 11, 2009).

Workshop, "Investigator Training Workshop: Post-Award Session," The University of Utah Office of the Vice President for Research. (September 23, 2009).