

Allison Poulos, Ph.D.

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EDUCATION

- 2015 **Ph.D., Community Development**, Arizona State University, Phoenix, AZ
Dissertation: Conceptualizing social capital and active transportation to school through a social ecological model
- 2003 **M.S., Exercise Science**, Springfield College, Springfield, MA
- 2001 **B.S., Physical Education**, Springfield College, Springfield, MA

ACADEMIC EXPERIENCE

- 2020-present Assistant Professor, College of Health Solutions, Arizona State University
- 2018-2020 Assistant Research Professor, School of Community Resources & Development, Arizona State University
- 2016-2018 Postdoctoral Research Fellow, Office of the University Provost, Dr. Mark Searle, Arizona State University

RESEARCH

Research Interests

Community-engaged research; active living environments and policies; school-based interventions; physical activity; implementation science

Publications (published under Ross from 2018-2021)

*denotes student co-author

+denotes corresponding/senior/lead author

IF = impact factor at time of print (Scopus)

#C = number of citations (Google Scholar)

Q = quartile ranking (Scimago)

Median IF for field (Health: Social Science): 2.2 (Scopus)

Published Manuscripts:

40. **Poulos, A.+, Wilson, K.*** Effect of heat on outdoor recess in Arizona elementary schools, July–September 2023. *Public Health Reports*. <https://doi.org/10.1177/00333549251342205> [IF: 3.0, Q1]
39. Raval, S.*, Acciai, F., Wilson, K.*, **Poulos, A.**, Ohri-Vachaspati, P. (2025). Longitudinal analysis of shared use of school physical activity facilities in four low-income cities in New Jersey from 2010-2020. *Journal of Physical Activity and Health*, 1-7. <https://doi.org/10.1123/jpah.2024-0810> [IF: 2.9, Q1]
38. Wilson, K.*, Schulke, M.*, Hudson, C.*, Vanos, J., Winsor, R.C., **Poulos, A.+,** (2025). Connections between play location during recess, physical activity, and school connectedness: A U.S. case study. *Health Promotion International*, 40(3). <https://doi.org/10.1093/heapro/daaf019> [IF: 2.800, Q1]
37. **Poulos, A.+, Wilson, K.*** (in press). Effect of heat on outdoor recess in Arizona Elementary schools, July–September 2023. *Public Health Reports*. [IF: 3.0, Q1]
36. Albaloul, O.*, Kulinna, P. H., Schulke, M.*, Min, H.*, Kim, J.*, Hassan, U.*, Pearson, L.*, **Poulos, A.+** (2025). Strategies for managing recess and physical activity during extreme heat in schools. *Journal of Physical Education, Recreation & Dance*. [10.1080/07303084.2025.2507573](https://doi.org/10.1080/07303084.2025.2507573) [IF: 1.3, Q3]
35. Simonton, K., Wei, M., Kulinna, P.H., **Poulos, A.** (2025). Development of a social-emotional learning questionnaire for afterschool physical activity programs. *Journal of Youth Development*, 20(1), 76-96. <https://open.clemson.edu/jyd/vol20/iss1/12> [IF: 0.800, Q3]
34. **Poulos, A.+, Albaloul, O.***, Min, H.*, Kulinna, P.H. (2024). “I need the shade”: Experiences and perceptions of elementary school children during recess in hot weather. *Journal of School Health*, 95(3), 254-263. <https://doi.org/10.1111/josh.13537> [IF: 2.288, Q1]
33. **Poulos, A.+, Wilson, K.***, Kulinna, P.H., Schulke, M.*, Perlman, D., Carson, R.L. (2024). Degree of implementation of a play-based curricular intervention affects children’s movement in afterschool settings. *Journal of Health Eating and Active Living*, 4(3), 128-140. <https://doi.org/10.51250/jheal.v4i3.88> [IF: N/A, Q1 (new journal in 2020)].
32. Schulke, M.*, Wilson, K.*, Ramella, K., Kulinna, P.H., **Poulos, A.+** (2024). A gap in perceived accessibility to play spaces for physical activity in Arizona elementary schools. *Disability & Health Journal*, 17(3), 101595. [doi:10.1016/j.dhjo.2024.101595](https://doi.org/10.1016/j.dhjo.2024.101595) [IF: 4.122, #C: 2, Q1]
31. **Poulos, A.+, Wilson, K.***, Schulke, M.*, Nam, K.*, Bai, Y., Ohri-Vachaspati, P., Kulinna, P.H. (2024). A natural experiment to assess recess frequency on children’s physical activity in Arizona (U.S.) elementary schools. *BMC Public Health*, 24(1), 225. [10.1016/j.dhjo.2024.101595](https://doi.org/10.1016/j.dhjo.2024.101595) [IF: 4.490, #C: 4, Q1]
30. Ramella, K.+, **Poulos, A.**, Perlman, D. (2023). Enhancing school connectedness and belonging through recreation-based learning: Practical strategies guided by theory and practice. *Journal of Physical Education, Recreation & Dance*, 94(7), 40-44. doi.org/10.1080/07303084.2023.2237562 [IF: 0.843, #C: 1, Q2]
29. Legg, E.+, **Poulos, A.** (2023). Dialectics as a tool for navigating the mandates of scholarship and community impact: Learning from reflexive practices. *Leisure/Loisir*, 48(3), 505-525. doi.org/10.1080/14927713.2023.2224364 [IF: 0.922, Q3]
28. Nam, K.*, Wilson, K.*, Schulke, M.*, Kulinna, P.H., **Poulos, A.+** (2023). The relationship between policy strength and physical activity practices in Arizona public elementary schools.

- Journal of Physical Activity and Health*, 20(7), 616-624. doi.org/10.1123/jpah.2022-0576 [IF: 2.592, #C: 3, Q1]
27. Griffo, J.*, Nam, K.*, van der Mars, H.+, Kulinna, P. H., **Ross, A.** (2023). What recess policy? Assessing Arizona school's adherence to Senate Bill 1083. *Journal of Teaching in Physical Education*, 42(2), 267-273. doi.org/10.1123/jtpe.2021-0168 [IF: 1.845, #C: 7, Q1]
26. Kahan, D.+, **Poulos, A.** (2023). Models of school recess for combatting overweight in the United States. *Preventive Medicine Reports*, 31(102081). doi.org/10.1016/j.pmedr.2022.102081 [IF: 2.663, #C: 2, Q1]
25. **Poulos, A.**+, Wilson, K.*, Ramella, K. (2023). Promoting children's health and well-being through structured recreation during online recess. *Health Education Research*, 38(3), 254-267. doi.org/10.1093/her/cyac041 [IF: 2.116, #C: 2, Q2]
24. **Poulos, A.**+, Wilson, K.*, Lanza, K., Vanos, J. (2022). A direct observation tool to measure interactions between shade, nature, and children's physical activity: SOPLAY-SN. *International Journal of Behavioral Nutrition and Physical Activity*, 19, 127. doi.org/10.1186/s12966-022-01355-4 [IF: 6.457, #C: 15, Q1]
23. Wilson, K.*, Schmidt, A.*, Hess, A., Vanos, J., **Ross, A.**+ (2022). Shifts in physical activity, sedentary behavior, and play among lower-socioeconomic students during the COVID-19 pandemic: A repeated cross-sectional study. *American Journal of Health Promotion*, 36(8), 1335-1338. doi.org/10.1177/2F08901171221091234 [IF: 2.956, #C: 3, Q1]
22. Wilson, K.*, Ramella, K., **Poulos, A.**+ (2022). Building school connectedness through structured recreation during school: A concurrent mixed-methods study. *Journal of School Health*, 92(10), 1013-1021. doi.org/10.1111/josh.13222 [IF: 1.673, #C: 7, Q1]
21. **Poulos, A.**+, Kulinna, P. (2022). A cluster randomized controlled trial of an after-school playground curriculum intervention to improve children's physical, social, and emotional health: Study protocol for the PLAYground project. *BMC Public Health*, 22(1), 1658. doi.org/10.1186/s12889-022-13991-3 [IF: 3.295, #C: 14, Q1]
20. **Ross, A.**+, Kurka, J. (2021). Predictors of active transportation among Safe Routes to School participants in Arizona: Impacts of distance and income. *Journal of School Health*, 92(3), 282-292. doi.org/10.1111/josh.13125 [IF: 1.673, #C: 10, Q1]
19. **Ross, A.**+, Edmeade, J.*, Prochnow, T. (2021). Effectiveness of disseminating school physical activity information through Facebook during a pandemic: A mixed method analysis. *Journal of School Health*, 91(11), 959-966. doi.org/10.1111/josh.13083 [IF: 1.673, #C: 9, Q1]
18. **Ross, A.**+, Wilson, K.* (2021). The power of the neighborhood: Perceived normative behaviors moderate individual predictors of walking and biking to school. *Journal of Transport and Health*, 22 (101236). doi.org/10.1016/j.jth.2021.101236 [IF: 2.796, #C: 9, Q1]
17. **Ross, A.**+, Godwyll, J.*, Searle, M. (2021). Walking mediates perceptions of the neighborhood environment and individual flourishing. *Wellbeing, Space and Society*, 2(100014). doi.org/10.1016/j.wss.2020.100014 [IF: N/A (new journal in 2020, #C: 7, Q2)]
16. **Ross, A.**+, Legg, E., Wilson, K.* (2021). The influence of peer and coach relationships in after-school sports on indicators of school climate. *Health Education Journal*, 80(4), 487-497. doi.org/10.1177/0017896920988750 [IF: 1.008, #C: 12, Q2]
15. **Ross, A.**+, Wilson, K.*, Ramella, K. (2021). Teacher and staff perceptions of inclusive recreation: A mixed method overview in Arizona. *Research Quarterly for Exercise and Sport*, 92(Suppl.A22-A23). doi.org/10.1080/02701367.2021.1898200 [IF: 1.883, #C: 0, Q2]

14. **Ross, A.+, Searle, M.** (2020). Conceptualization and validation of the Neighborhood Cohesion Index using exploratory structural equation modeling. *Community Development Journal*. [doi:10.1093/cdj/bsaa007](https://doi.org/10.1093/cdj/bsaa007) [IF: 0.547, #C: 10, Q2]
13. **Ross, A.+, Godwyll, J.*, Adams, M.** (2020). The moderating effect of distance on features of the built environment and active school transport. *International Journal of Environmental Research and Public Health*, 17(21), 7856. [doi:10.3390/ijerph17217856](https://doi.org/10.3390/ijerph17217856) [IF: 2.849, #C: 9, Q2]
12. **Ross, A.+, Wood, L., Searle, M.** (2020). The indirect role of child play on parent perceptions of the neighborhood environment and sense of community. *Health & Place*, 65, 102422. [doi:10.1016/j.healthplace.2020.102422](https://doi.org/10.1016/j.healthplace.2020.102422) [IF: 4.078, #C: 20, Q1]
11. **Ross, A.+, Talmage, C.A., Searle, M.** (2020). The impact of neighboring on sense of community: A latent transition analysis. *Social Indicators Research*, 149(1), 327-345. [doi:10.1007/s11205-019-02242-5](https://doi.org/10.1007/s11205-019-02242-5) [IF: 2.614, #C: 7, Q1]
10. Fader, N.*, Legg, E.+, **Ross, A.** (2020). Finding a sense of community in youth soccer: A composite vignette of the refugee experience. *Journal of Park and Recreation Administration*, 38(2), 97. [doi:10.18666/JPra-2020-9981](https://doi.org/10.18666/JPra-2020-9981) [IF: 0.909, #C: 14, Q2]
9. Fader, N.*, Legg, E.+, **Ross, A.** (2019). The relation of sense of community in sport on resilience and cultural adjustment for youth refugees. *World Leisure Journal*, 61(4), 291-302. [doi:10.1080/16078055.2019.1661105](https://doi.org/10.1080/16078055.2019.1661105) [IF: 1.040, #C: 44, Q2]
8. **Ross, A.+, Cloutier, S., Searle, M.** (2019). The association between leisure time physical activity on happiness: Exploring the indirect effect of health perception. *Journal of Community Psychology*, 47, 1169-1183. [doi:10.1002/jcop.22179](https://doi.org/10.1002/jcop.22179) [IF: 2.282, #C: 20, Q2]
7. **Ross, A.+, Searle, M.** (2019) Age related differences in neighborhood sense of community: Impacts of the neighborhood environment and leisure time physical activity. *International Journal of Community Well-Being*, 2(1), 1-19. [doi:10.1007/s42413-019-00018-w](https://doi.org/10.1007/s42413-019-00018-w) [IF: N/A (new journal in 2019), #C: 19]
6. **Ross, A.+, Kwon, J., Kulinna, P., Searle, M.** (2019). Active transportation: The role of parent attitude, the physical environment, and social capital. *Journal of Physical Activity and Health*, 16(1) 60-67. [doi:10.1123/jpah.2017-0503](https://doi.org/10.1123/jpah.2017-0503) [IF: 1.993, #C: 12, Q1]
5. Talmage, C.A., **Ross, A.**, Searle, M., Knopf, R.+ (2018). The social and cognitive empowerment of older adult women: An analysis of a university-based lifelong learning community. *International Journal of Community Well-Being*, 1(1), 11-31. [doi:10.1007/s42413-018-0003-3](https://doi.org/10.1007/s42413-018-0003-3) [IF: N/A (new journal in 2019), #C: 16]
4. **Ross, A.+, Talmage, C.A., Searle, M.** (2018). Toward a flourishing neighborhood: The association between happiness and sense of community. *Applied Research in Quality of Life*, 14(5), 1333-1352. [doi:10.1007/s11482-018-9656-6](https://doi.org/10.1007/s11482-018-9656-6) [IF: 3.078, #C: 54, Q2]
3. **Ross, A.+, Searle, M.** (2018). A conceptual model of leisure time physical activity, neighborhood environment, and sense of community. *Environment and Behavior*, 51(6). [doi:10.1177/0013916517751582](https://doi.org/10.1177/0013916517751582) [IF: 5.141, #C: 72, Q1]
2. Cloutier, S.+, Berejnoi, E., Russell, S., Morrisson, B.A., **Ross, A.** (2018). Toward a holistic sustainable and happy neighborhood development assessment tool: A critical review of relevant literature. *Ecological Indicators*, 89, 139-149. [doi:10.1016/j.ecolind.2018.01.055](https://doi.org/10.1016/j.ecolind.2018.01.055) [IF: 5.003, #C: 38, Q1]
1. **Ross, A.+, Rodríguez, A., Searle, M.** (2017). Associations between the physical, socio-cultural, and safety environments and active transportation to school. *American Journal of Health Education*, 48(3). [doi:10.1080/19325037.2017.1292877](https://doi.org/10.1080/19325037.2017.1292877) [IF: 1.211, #C: 37, Q3]

Manuscripts Under Review:

11. **Poulos, A.+, Hassan, U.A.*, Wilson, K.*, Vanos, J., Middel, A.** Differences in children's physical activity during outdoor and indoor school recess in hot weather. *Journal of Physical Activity & Health*. [IF: 2.9, Q1]
10. Schulke, M.*, DeMartino, L., Kulinna, P.H., **Poulos, A.** Youth participatory action research: Reflections of an elementary school play-based project. *Youth Voice Journal*. [IF: 0.21, Q4]
9. Kulinna, P.H.+, Wilson, K., Schulke, M.*, Nam, K., **Poulos, A.** Compliance to a statewide recess policy and school recess practices in Arizona public elementary schools over three years (2021-2023). *Journal of Physical Activity and Health*. [IF: 2.9, Q1]
8. **Poulos, A.+, Schulke, M.*, Hassan, U.A.*, Wilson, K., Kulinna, P.H.** "If you don't have a gym you're out of luck": Recess and extreme heat in Arizona schools. *Health Promotion Practice*. [IF: 2.05, Q1]
7. Hassan, U.A.*, Oyeyemi, A.L., Wilson, K., Kulinna, P.H., **Poulos, A.+** Physical Activity and Sleep Patterns in Children Attending After-school Programs in Arizona: A Cross-sectional Study. *Journal of Activity, Sedentary and Sleep Behaviors*. [IF: N/A (new journal in 2022)]
6. Wilson, K., Kulinna, P.H., Ohri-Vachaspati, P., Koskan, A., **Poulos, A.** The potential of school campuses to promote active communities: A scoping review on usage and physical activity in school shared use spaces. *Journal of Physical Activity and Health*. [IF: 2.9, Q1]
5. Wei, M., Kulinna, P. H., Truong, B.*, Grando, A., **Poulos, A.+** Student's willingness to intervene in bullying within afterschool programs. *Psychology in the Schools*. [IF: 2.14, Q1]
4. Prochnow, T., Senthil, R.*, **Poulos, A.**, Patterson, M.S., Blake, J., Massey, P. Virtual Bonds; Real Emotions: Systematic Review Exploring Online Social Connections and Adolescent Mental Health. *Cyberpsychology, Behavior, and Social Networking*. [IF: 6.135, Q1]
3. **Poulos, A.+, Wilson, K.*, Wei, M., Schulke, M.*, Kulinna, P.H.** Potential implementation strategies to facilitate recess in elementary schools using the CFIR-ERIC/SISTER matching tool. *Translational Behavioral Medicine*. [IF: 3.626, Q1]
2. Schulke, M.*, Robinson, A.*, Gruber, N., **Poulos, A.+** Impact of Yoga and Mindfulness Programming on Selective Attention among Female Middle School Students. *Mind, Brain, and Education*. [IF: 2.000; Q2]
1. Wilson, K.*, Schulke, M.*, Wei, M., **Poulos, A.+** Exploring the relationship between physical activity, screen-based sedentary behavior, body image, and bullying victimization in adolescence. *International Journal of Health Promotion and Education*. [IF: 0.941, Q3]

Books and Chapters

2. Ramella, K., **Ross, A.** (2022). Interprofessional collaboration and inclusive recreation in schools. In Hironka-Juteau, J & Lankford, S. (Eds.) Interprofessional collaboration in parks, recreation, and human services: Theory and cases. Sagamore-Venture Publishing.
1. Cloutier, S., Morrison, B.A., Weaver, M., **Ross, A.** (2021). Linking sustainability and happiness: Theoretical and applied perspectives. Springer Nature.

Refereed Conference Presentations:

First author = Presenting author; Published conference abstract information included if available

Refereed Podium:

39. Kim, J.*, Kulinna, P. H., Lyons, B.*, Liu, D., **Poulos, A.** (2025). Comprehensive school physical activity programs and academic achievement: Moderation by school-level socio-

- economic status. Annual Meeting of the American Educational Research Association (AERA), Los Angeles, CA.
38. Lyons, B. *, Pearson, L. *, Kulinna, P.H., **Poulos, A.**, Schulke, M. *, Wilson, K. *, Albaloul, O. *, Min, H. *, Kim, J. * (2025). Four-year physical education, recess, and wellness policy and practice trends in Arizona: Where are we now? Arizona Health and Physical Education Convention, Mesa, AZ.
37. Raval, S. *, Acciai, F., **Poulos, A.**, Ohri-Vachaspati, P. (2025). Association Between a State-Mandated Policy on Recess Trends, and Recess Impact on Obesity Prevalence in Elementary Schools. American Public Health Association. Washington, DC.
36. **Poulos, A.**, Wilson, K. *, Vanos, J. (2025). Children's movement during recess over five-years: Impact of a schoolyard redesign to mitigate heat. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Auckland, NZ.
35. Hassan, U. *, Schulke, M. *, Wilson, K. *, Kulinna, P.H., **Poulos, A.** (2025). Exploring modifications and teacher's experiences in managing traditional recess during extreme heat in Arizona elementary schools. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Auckland, NZ.
34. **Poulos, A.**, Wilson, K. *, Vanos, J., Munoz Encinas, M. (2025). Schoolyard shade changes children's physical activity during recess: A HeatReady™ Schools example. Active Living Conference, Manhattan, KS.
33. Wilson, K. *, **Poulos, A.**, Vanos, J., Munoz Encinas, M. (2025). Navigating school-based physical activity in the heat: How the HeatReady™ Schools Initiative can help. Active Living Conference, Manhattan, KS.
32. Hassan, U. *, Schulke, M. * Kulinna, P.H., **Poulos, A.** (2025). Reliability of Reported School Recess Policies and Practices between School Nurses. Active Living Conference, Manhattan, KS.
31. Schulke, M. *, Kulinna, P.H., DeMartino, L., **Poulos, A.** (2025). Junior Recess Coaches: A Youth Participatory Action Research Approach. Active Living Conference, Manhattan, KS.
30. **Poulos, A.**, Watson, J., Raczynski, E., Pryor, D. (2025). Community support for active living: The hierarchy of physical activity needs (HOPA) framework. Active Living Conference, Manhattan, KS.
29. Schulke, M. *, Barajas, J. *, Koro, M., Kulinna, P.H., **Poulos, A.** (2025). Physical Activity Promotion through Peer-Led Programming. Active Living Conference, Manhattan, KS.
28. Kulinna, P.H., Barajas, J. *, Schulke, M. *, Koro, M., **Poulos, A.** (2025). The Impact of a Peer-Led Recess Program on Student Physical Activity During Recess. Internationale des Ecoles Supérieures d'Education Physique (International Association for Physical Education in Higher Education), Tampa, FL.
27. Albaloul, O. *, Min, H. *, Kim, J. * Kulinna, P. H., Lyons, B. *, Pearson, L. *, **Poulos, A.** (2025). The Role of Before and After School Physical Activity Opportunities in Promoting Academic Proficiency. Internationale des Ecoles Supérieures d'Education Physique (International Association for Physical Education in Higher Education), Tampa, FL.
26. Kim, J. *, Kulinna, P.H., Barajas, J. *, Schulke, M. *, Koro-Ljungberg, M., Poulos, A. (2025). The Impact of a Peer-Led Recess Program on Student Behaviors During Recess. Internationale des Ecoles Supérieures d'Education Physique (International Association for Physical Education in Higher Education), Tampa, FL.
25. Prochnow, T., Senthil, R. *, **Poulos, A.**, Patterson, M.S., Blake, J., Massey, P. (2025). Virtual Bonds; Real Emotions: Systematic Review Exploring Online Social Connections and

- Adolescent Mental Health. American Academy of Health Behavior 2025 Scientific Meeting. San Diego, CA.
24. Kulinna, P.H., Schulke, M.*, **Poulos, A.** (2025). Re-thinking recess to promote movement and reduce conflict: Views about a junior recess coach program. Internationale des Ecoles Supérieures d'Education Physique (International Association for Physical Education in Higher Education), Tampa, FL.
23. Min, H.*, Wei, M., Kulinna, P. H., **Poulos, A.**, Albaloul, O.* (2024). Staff perceptions of the implementation of an after-school playground curriculum intervention. Society of Health and Physical Educators (SHAPE America) National Convention; Abstract published in Research Quarterly for Exercise and Sport, 95(Suppl. 1), S69.
22. **Poulos, A.**, Kulinna, P.H., Simonton, K., Wei, M., Schulke, M.*, Nam, K.*, Min, H.*, Albaloul, O.*, Wilson, K*., Liu, D. (2024). The development of a social-emotional learning survey instrument for afterschool settings. Society of Health and Physical Educators (SHAPE America) National Convention; Abstract published in Research Quarterly for Exercise and Sport, 95(Suppl. 1), S31.
21. Schulke, M.*, Wolfe, A.*, Wilson, K.*, Nam, K.*, Hodges Kulinna, P., **Poulos, A.** (2024). What's going on with physical activity during recess after lunch? Society of Health and Physical Educators (SHAPE America) National Convention; Abstract published in Research Quarterly for Exercise and Sport, 95(Suppl. 1), S75.
20. Wei, M., Schulke, M.*, Kulinna, P.H., **Poulos, A.** (2024). An investigation of student's willingness to intervene in bullying in afterschool programs. Society of Health and Physical Educators (SHAPE America) National Convention; Abstract published in Research Quarterly for Exercise and Sport, 95(Suppl. 1), S102-S103.
19. Hassan U.*, Oyeyemi A., Wilson, K.*, Kulinna P.H., **Poulos, A.** (May 2024). Association between physical activity and sleep duration among elementary school children in after-school programs. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.
18. **Poulos, A.**, Wilson, K.*, Perlman, D., Schulke, M.*, Carson, R., Kulinna, P.H. (March 2024). Degree of implementation of a school-based physical activity intervention affects children's movement. Active Living Conference, Chattanooga, TN.
17. Schulke, M.*, Perlman, D., Wilson, K.*, Carson, R., Kulinna, P.H., **Poulos, A.** (March 2024). Implementation and evaluation of the PLAYground project using the RE-AIM framework. Active Living Conference, Chattanooga, TN.
16. Kulinna, P.H., Schulke, M.*, Perlman, D., Wilson, K.*, Min, H.*, Albaloul, O.*, Liu, D., Hassan, U.*, Carson, R., **Poulos, A.** (March 2024). The kitchen sink: Overview of a cluster randomized trial of an afterschool physical activity intervention. Active Living Conference, Chattanooga, TN.
15. Wilson, K.*, Coseo, P., Winsor, B., Vanos, J., **Poulos, A.** (March 2024). Shared spaces, shared health: A multi-sector partnership supporting active and healthy communities through a school shared use path. Active Living Conference, Chattanooga, TN.
14. Wilson, K.*, Schulke, M.*, Nam, K.*, Kulinna, P. H., Ohri-Vachaspati, P., Bai, Y., **Poulos, A.** (March 2024). Recess frequency and children's physical activity: A natural experiment in Arizona elementary schools. 2024 Active Living Conference, Chattanooga, TN.
13. Kulinna, P.H., Albaloul, O.*, Wilson, K.*, **Poulos, A.**, Nam, K.*, Schulke, M.*, Min, H.*, Liu, D., Wei, M., Perlman, D. (May 2024). Evaluation of the impact of the PlayOn! curriculum on students' physical activity in after-school programs. AIESEP Association

- International Congress (Internationale des Ecoles Supérieures d'Education Physique - International Association for Physical Education in Higher Education). University of Jyväskylä, Jyväskylä, Finland.
12. Kulinna, P. H., Wilson, K. *, Schulke, M. *, Nam, K. *, Min, H. *, Albaloul, O. *, **Poulos, A.** (May 2024). Arizona's (USA) recess law: Factors related to adoption over time. AIESEP Association International Congress (Internationale des Ecoles Supérieures d'Education Physique - International Association for Physical Education in Higher Education). University of Jyväskylä, Jyväskylä, Finland.
11. Wei, M., Wilson, K. *, Schulke, M. *, Nam, K. *, Kulinna, P. H., **Poulos, A.** (April 2024). Determinants of recess implementation in elementary schools. American Educational Research Association (AERA) Convention, Philadelphia, PA.
10. **Poulos, A.**, Kulinna, P.H., Wei, M., Wilson, K. *, Schulke, M. *, Nam, K. * (June 2023). Potential implementation strategies to facilitate recess in elementary schools. Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, Uppsala, SE.
9. Wilson, K. *, Nam, K. *, Schulke, M. *, Kulinna, P.H., **Poulos, A.** (March 2023). A publicly available, web-based, data management tool for systematic observation tools SOPLAY and SOPARC. Active Living Conference. Bethesda, MD.
8. Nam, K. *, Schulke, M. *, Wilson, K. *, Kulinna, P. H., **Poulos, A.** (March 2023). Examination of relationship between policy strength and physical activity practices in Arizona public elementary schools. American Educational Research Association (AERA) Convention, Chicago, IL.
7. Paulson, L. *, Ellis, C., Foellmer, M., Foellmer, B., Howard, R., Knipe, R., Paulls-Neal, A., **Poulos, A.** (March 2023). Physical activity used as punishment and/or behavior management: Practice strategies. Society of Health and Physical Educators (SHAPE America) National Convention. Seattle, WA.
6. Kahan, D., **Poulos, A.** (March 2023). Potential and Reality of School Recess for Combatting Overweight. Society of Health and Physical Educators (SHAPE America) National Convention. Seattle, WA.
5. Schulke, M. *, Nam, K. *, Wilson, K. *, Kulinna, P. H., **Poulos, A.**+ (2023). Policies predicting physical education practices in elementary schools; Abstract published in *Research Quarterly for Exercise and Sport*, 94(Suppl. 1), A109-A110. doi.org/10.1080/02701367.2023.2179319
4. Ramella, K., Perlman, D., **Poulos, A.** (November 2022). Promoting School Health through Therapeutic and Inclusive Recreation Programming. American Public Health Association Annual Meeting. Boston, MA.
3. Paulson, L. *, Ellis, C., Foellmer, M., Foellmer, B., Howard, R., Knipe, R., Paulls-Neal, A., **Ross, A.** (April 2022). Physical activity used as punishment and/or behavior management: Practice Strategies. Society of Health and Physical Educators (SHAPE America) National Convention. New Orleans, LA.
2. **Ross, A.**, Wilson, K. * (2021). The power of the neighborhood: Perceived normative behaviors moderate individual predictors of walking and biking to school. Active Living Conference. Virtual.
1. **Ross, A.**, Searle, M. (2018). Age related differences in the association of neighborhood environment, leisure time physical activity, and sense of community. Engaging Ageing 2018. Dublin, Ireland.

Refereed Poster:

23. Min, H.*, Kulinna, P. H., Albaloul, O.*, Kim, J.*, Schulke, M.*, Wei, M., Perlman, D., **Poulos, A.** (2025). Stakeholder perspectives of the effectiveness of the PlayOn! curriculum in an after-school programming. Internationale des Ecoles Supérieures d'Education Physique (International Association for Physical Education in Higher Education), Tampa, FL.
22. Raval, S.*, Acciai, F., **Poulos, A.**, Ohri-Vachaspati, P. (October 2024). Longitudinal Analysis of Shared Use of School Facilities in Four Low-Income Cities in New Jersey from 2010-2020, American Public Health Association Annual Meeting. Minneapolis, MN.
21. Truong, B.*, Nam, K.*, Hodges Kulinna, P., **Poulos, A.** (November 2023). Differences in elementary school children's perceived self-efficacy and their physical activity engagement with a playground afterschool curriculum by gender and race: A baseline assessment. Arizona Health Equity Conference, Phoenix, AZ.
20. Wilson, K.*, Schulke, M.*, Hudson, C.*, Vanos, J., **Poulos, A.** (March 2024). Schoolyard dynamics: Exploring the relationships between play location, physical activity during recess, and school connectedness. Active Living Conference, Chattanooga, TN.
19. Wilson, K.*, Justesen, A.*, Hudson, C.*, Vanos, J., **Poulos, A.** (June 2023). Impact of Nature-Based Schoolyard Redesign on Children's Movement and Environmental Interactions During Recess. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Uppsala, SE.
18. Schulke, M.*, Wilson, K.*, Ramella, K., Kulinna, P.H., **Poulos, A.** (March 2023). A gap in access to play spaces for physical activity in Arizona elementary schools. Active Living Conference. Bethesda, MD.
17. **Ross, A.**, Wilson, K.*, Lanza, K., Vanos, J. (May 2022). A direct observation tool to measure shade, nature, and children's physical activity during recess: SOPLAY-SN. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Phoenix, AZ
16. Wilson, K.*, **Ross, A.**, Ramella, K., Schulke, M.* (April 2022). Structured recreation during online recess to boost social and emotional health. Society of Health and Physical Educators (SHAPE America) National Convention. New Orleans, LA.
15. Wilson, K.*, **Ross, A.**, Ramella, K. (2021). School connectedness: Recreation as a contributing factor. American Public Health Association Annual Meeting. Virtual
14. Cianci, K.*, **Ross, A.**, Ramella, K. (2021). Therapeutic and Inclusive Recreation Programming in Schools. The Academy of Leisure Sciences Annual Conference on Research and Teaching. Virtual.
13. Prochnow, T., **Ross, A.**, Edmeade, J.* (2021). Examining the Use of a Facebook Group to Share School Physical Activity Information During the 2020 COVID-19 Pandemic. 21st Annual Scientific Meeting of the American Academy of Health Behavior. Virtual.
12. **Ross, A.**, Ramella, K., Wilson, K.*, Griffo, J.*, Kulinna, P., van der Mars, H. (2021). Teacher and staff perceptions of inclusive recreation: A mixed method overview of Arizona schools. Society of Health and Physical Educators (SHAPE America) National Convention. Virtual.
11. **Ross, A.**, Godwyll, J.*, Searle, M. (2020). Walking mediates perceptions of the neighborhood environment and individual flourishing. Active Living Conference. Orlando, FL.
10. **Ross, A.**, Zanin, A. (2020). Development of the Empowered Female Athlete Identity Scale

- (EFAIS). North American Society for Sport Management Conference. San Diego, CA.
[Status: Accepted but not presented due to COVID-19]
9. Legg, E., **Ross, A.** (2019). Reducing pressure for youth sport parents through expressive writing. National Recreation and Park Association Annual Congress Research Sessions. Baltimore, MD.
 8. **Ross, A.**, Legg, E., Edmeade, J. *, McElroy, D. * (2019). What if sports were required at school? A qualitative examination of a comprehensive sports-centric school model. Society of Health and Physical Educators (SHAPE America) National Convention, Tampa, FL.
 7. **Ross, A.**, Wood, L., Searle, M. (2019). The indirect effect of children's park play on perceptions of the environment and sense of community. Active Living Conference. Charleston, SC.
 6. **Ross, A.**, Searle, M. (2018). A conceptual model of leisure time physical activity, neighborhood design, and sense of community. Active Living Research 2018. Banff, Canada.
 5. **Ross, A.**, Rodríguez, A., Searle, M. (2017). Associations between the physical, socio-cultural, and safety environments and active transportation to school. International Conference on Health, Wellness, & Society. Denver, CO.
 4. **Ross, A.**, Talmage, C.A., Searle, M. (2017). Are Happy People Found in Connected Neighborhoods? Exploring the Relationship Between Happiness and Sense of Community. Art & Science of Health Promotion Annual Conference. Colorado Springs, CO.
 3. Talmage, C.A., **Ross, A.**, Pstross, M., Searle, M., Knopf, R. C., Wilson, K.* (2017). The Social and Cognitive Empowerment of Older Adult Women: An Analysis of a University-Based Lifelong Learning Community. Annual International Conference of the Community Development Society. Big Sky, MT.
 2. **Ross, A.** (2015). A social ecological model of active transportation to school. American Public Health Association National Convention, Chicago, IL.
 1. **Ross, A.** (2013). Understanding active transportation to school: A new model. American Alliance for Health, Physical Education & Recreation National Convention, Charlotte, NC.

Invited Talks:

17. **Poulos, A.**, Vanos, J., Middel, A. (April 2025). Children's movement and readiness to learn during school in extreme heat. CHS Innovation Talks: Discoveries and New Directions. ASU College of Health Solutions, Phoenix, AZ.
16. **Poulos, A.**, Kulinna, P.H. (September 2024). PLAYground project: An educational curriculum using playground equipment. PlayCore Scholarship Series.
15. **Poulos, A. (moderator)**, Solis, P., Montalvo, A. (July 2024). Hot and Bothered: A Conversation About Heat and Health. College of Health Solutions Health Talks Webinar Series.
14. **Poulos, A.**, Kulinna, P.H., Carson, R. (March 2024). PLAYground project (Play and Learning Activities for Youth). PlayCore leadership meeting. Chattanooga, TN.
13. **Poulos, A.** (June 2023). Physical activity and children's health: School-based policy and environmental influences in the United States. University Colloquia. KU Leuven, Belgium.
12. **Ross, A.** (May 2022). Moving forward with children's school-based physical activity. Early Career Keynote Presentation at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, Phoenix, AZ.

11. **Ross, A.**, Kulinna, P.H. (February 2022). Safe Routes to School. Osborn School District Board Meeting, Phoenix, AZ.
10. Ramella, K., **Ross, A.** (November 2021). Inclusive recreation in schools. Arizona Developmental Disabilities Planning Council, Phoenix, AZ.
9. **Ross, A.** Inclusive Recreation in Schools (February 2021). Daring Adventures Executive Board Meeting, Phoenix, AZ.
8. Ramella, K., **Ross, A.** (November 2020). Inclusive recreation in schools. Arizona Developmental Disabilities Planning Council, Phoenix, AZ.
7. **Ross, A.** (October 2020). The state of active school transport in the Phoenix Metro. Maricopa Association of Governments Transportation Safety Committee, Phoenix, AZ.
6. **Ross, A.** (February 2020). Sport for well-being. Arizona State University Global Sport Institute Faculty Crosstalk. Phoenix, AZ.
5. **Ross, A.** (February 2020). The state of active school transport in the Phoenix Metro. Maricopa Association of Governments Transportation Safety Committee, Phoenix, AZ.
4. **Ross, A.** (April 2019). Sports in school. Arizona State University Global Sport Institute Global Sport Summit. Phoenix, AZ.
3. Zanin, A., Legg, E., Kukowski, M., **Ross, A.** (April 2019). Youth sports and gender. Arizona State University Global Sport Institute Global Sport Summit. Phoenix, AZ.
2. **Ross, A.** (October 2019). The state of active school transport in the Phoenix Metro. Maricopa Association of Governments Transportation Safety Committee, Phoenix, AZ.
1. **Ross, A.** (February 2019). Sport to build community. Arizona State University Global Sport Institute Faculty Crosstalk. Phoenix, AZ.

Non-Refereed Conference Presentations:

First author = Presenting author; Published conference abstract information included if available

Non-Refereed Podium:

7. Lyons, B.*, Pearson, L.*, Wilson, K., Schulke, M.*, Kulinna, P.H., **Poulos, A.** (November 2024). Three-year physical education, recess, and wellness policy and practice trends in Arizona: Where are we now? *Arizona Health and Physical Education Convention*, Mesa, AZ.
6. Kulinna, P.H., Crowley, C. J., Smith, R., Sanders, D., Eggen, S., Salas, R.*, Leclaire, E.*, Schulke, M.*, Poulos, A. (November 2024). Re-thinking recess to promote movement and reduce conflict: How to implement a junior recess coach program at your school. *Arizona Health and Physical Education Convention*, Mesa, AZ.
5. Schulke, M.*, Wilson, K.*, Nam, K.*, Kulinna, P.H., **Poulos, A.** (October 2023). Updated overview of PE policies and practices in AZ elementary schools. *Arizona Health and Physical Education State Convention*, Phoenix, AZ.
4. Schulke, M.*, Nam, K.*, Wilson, K.*, Kulinna, P., Van der Mars, H., **Poulos, A.** (November 2022). An overview of physical education policies and practices in Arizona elementary schools. *Arizona Health and Education State Convention*, Phoenix, AZ.
3. Wilson, K.*, Nam, K.*, Schulke, M.*, Acri, C.*, Bengoa Concha, M.*, Tandyasrya, P.*, **Ross, A.**, van der Mars, H., & Kulinna, P. H. (February 2022). The State of the State: Recess Opportunities in Arizona Schools. *Teachers College Doctoral Council Education Research Conference*.
2. Vanos, J.K., Winsor, B., Garrison, V., Cheng, C., Coseo, P., Hess, A., Zuiker, S., **Ross, A.**, Schmidt, A.* (2021). Reimagining outdoor play and learning environments. *ASU Social*

Embeddedness Conference. Virtual.

1. Vanos, J.K., Cheng, C., Cloutier, S., Coseo, P., Grant, B., Hess, A., **Ross, A.**, Labato, J. (2020). Microscale urban adaptations to mitigate heat and air pollution exposures and improve children's health: An overview. ASU All Scientists meeting. Tempe, AZ.

Non-Refereed Poster:

15. King, D.*, Bryce, G.*, Sharma, R.*, Garcia, R.*, Mohamed, D.*, Schulke, M.*, Hassan, U.*, Wilson, K.*, **Poulos, A.** (2025). Active transportation and driver behavior before and after installation of protected bike lanes in Downtown Phoenix. College of Health Solutions Student Research Symposium, Arizona State University, Phoenix, AZ.
14. King, D.*, Bryce, G.*, Sharma, R.*, Garcia, R.*, Mohamed, D.*, Schulke, M.*, Hassan, U.*, Wilson, K.*, **Poulos, A.** (2025). Examining school policy language addressing movement opportunities across Arizona school handbooks. College of Health Solutions Student Research Symposium, Arizona State University, Phoenix, AZ.
13. Quilla, J.*, Ashenfelter, D.*, Silas, L.*, Garcia, R.*, Hassan, U.*, Price, P.*, Hernandez, A.*, Muñoz Encinas, M., Middel, A., Vanos, J., Wilson, K.*, **Poulos, A.** (2025). Where should children have recess on extreme heat days? A comparison of elementary school children's physical activity in indoor and outdoor spaces in Arizona. College of Health Solutions Student Research Symposium, Arizona State University, Phoenix, AZ.
12. Tuli, A.*, Jolaade, M.*, Hassan, U.*, Schulke, M.*, Wilson, K.*, **Poulos, A.** (2025). Who should be responsible for children's safety at school in extreme heat? A mixed-methods analysis of social media comments on (the lack of) school heat regulations in Arizona. College of Health Solutions Student Research Symposium, Arizona State University, Phoenix, AZ.
11. Wilson, K.*, Wei, M., Schulke, M., Kulinna, P.H., **Poulos, A.** (April 2024). Determinants and associated implementation strategies to support recess in Arizona elementary schools. ASU Institute for Social Science Research Graduate Student Poster Competition, Tempe, AZ.
10. Wilson, K.*, **Poulos, A.** (November 2023). Exploring the impact of promotion, programming, and renovations on public school campus usage for physical activity. ASU Institute for Social Science Research Graduate Student Poster Competition, Tempe, AZ.
9. Wilson, K.*, Justesen, A., Hudson, C., Vanos, J., **Poulos, A.** (May 2023). Impact of nature-based schoolyard redesign on children's movement and environmental interactions during recess. ASU College of Health Solutions Student Research Day, Phoenix, AZ.
8. Wilson, K.*, Justesen, A.*, Hudson, C.*, Vanos, J., **Poulos, A.** (April 2023). Children's Movement and Environmental Interactions During Recess Following a Nature-Based Schoolyard Redesign. ASU Institute for Social Science Research Graduate Student Poster Competition, Tempe, AZ.
7. Wilson, K.*, Kulinna, P.H., **Poulos, A.** (February 2023). What predicts shared use in Arizona K-5 public schools? An exploratory machine learning approach. ASU Mary Lou Fulton Teachers College Doctoral Council 2023 Education Research Conference, Tempe, AZ.

6. Schulke, M.*, Wilson, K.*, Robinson, A.*, Fairley, R.*, **Poulos, A.** (November 2022). Impact of yoga programming and mindfulness mediation on selective attention in female middle school students. ASU Institute for Social Science Research Graduate Student Poster Competition, Tempe, AZ.
5. Nam, K.*, Wilson, K.*, Schulke, M.*, Kulinna, P.H., **Poulos, A.** (November 2022). The relationship between policy strength and physical activity practices in Arizona public elementary schools. ASU Institute for Social Science Research Graduate Student Poster Competition, Tempe, AZ.
4. Schulke, M.*, Wilson, K.*, **Ross, A.** (February 2022). Yoga and selective attention in middle school girls. ASU Teachers College Doctoral Council Research Conference, Tempe, AZ.
3. Wilson, K.*, Kulinna, P.H., **Poulos, A.** (October 2022). Socioeconomic status and total enrollment best predictors of shared use in Arizona K-5 public schools: An exploratory machine learning approach. ASU Graduate College Research Symposium, Tempe, AZ.
2. Wilson, K.*, **Ross, A.** (April 2021). The power of neighborhood norms on active transportation to school. ASU College of Health Solutions Student Research Symposium, Virtual.
1. Wilson, K.*, **Ross, A.** (April 2021). Using parkrun to increase physical activity in underserved youth: A feasibility study. SHAPE Student Research Works-in-Progress, Virtual.

Non-Refereed Community Publications/Reports:

20. **Poulos, A.**, Kulinna, P.H. (2024). Safe Routes to School Report, Osborn School District: 2021 & 2024. Prepared for the City of Phoenix, AZ.
19. Wilson, K.*, **Poulos, A.**, Coseo, P., Goebel, J., Price, P.* (2024). Community collaboration to improve a school shared use path: Impact of environmental changes on usage. Report prepared for Paideia Academies, Phoenix, AZ.
18. **Poulos, A.**, Kulinna, P.H., Wilson, K.*, Schulke, M.*, Pearson, L.*, Lyons, B.* (2024). *Trends in physical activity policies and practices in Maricopa County elementary schools: 2021-2023* [Infographic]. Prepared for the Arizona Department of Education.
17. **Poulos, A.**, Wilson, K.*, Schulke, M.*, Schmidt, A.* (2024). *Social, emotional, and physical health at Paideia Academies: 2024 report*. Report prepared for Paideia Academies, Phoenix, AZ.
16. **Poulos, A.**, Wilson, K.*, Schulke, M.*, Schmidt, A.* (2023). *Social, emotional, and physical health at Paideia Academies: 2023 report*. Report prepared for Paideia Academies, Phoenix, AZ.
15. **Ross, A.**, Kulinna, P.H., Acri, C.*, Wilson, K.*, Schulke, M.* (2021). *Improving safety and increasing walking and biking to schools in Phoenix: A case study of the Osborn Community Coalition*. Prepared for the City of Phoenix, AZ.
14. Society of Health and Physical Educators. (2021). *Physical activity as punishment and/or behavior management* [Position statement]. Reston, VA: SHAPE America. <https://www.shapeamerica.org/Common/Uploaded%20files//uploads/2021/advocacy/position-statements/Physical-Activity-Should-Not-Be-Used-as-Punishment-and-or-Behavior-Management.pdf>
13. Wilson, K.* **Ross, A.** (2021). *Whole Child Education – Body, Mind, Heart, and Spirit: 2021 Report*. Prepared for Paideia Academy, Phoenix, AZ.

12. Ramella, K., Amato, J., **Ross, A.** (2021). *A Guide to Therapeutic and Inclusive Recreation Programming in Arizona Schools*. <https://ability360.org/inclusive-recreation-for-youth-families-community-members/>.
11. Ramella, K., **Ross, A.**, Wilson, K.* (2021). *Therapeutic and inclusive recreation programming (TIRP) in an Arizona elementary school*. Report prepared for Arizona Developmental Disabilities Planning Council. Phoenix, AZ: Arizona State University.
10. Ramella, K. & **Ross, A.** (2020). *Therapeutic and inclusive recreation programming (TIRP) in Arizona schools*. Report prepared for Arizona Developmental Disabilities Planning Council. Phoenix, AZ: Arizona State University.
9. Wilson, K.* **Ross, A.** (2020). *Physical, social, and emotional health at Paideia Academy: 2020*. Prepared for Paideia Academy, Phoenix, AZ.
8. **Ross, A.** & Coco, V.* (2019). *The state of school transportation in Arizona: Predictors of walking and biking to school from 2007-2018*. Prepared for Maricopa Association of Governments, Phoenix, AZ.
7. Edmeade, J.*, **Ross, A.**, Wilson, K.*, McElroy, D.* (2019). *Physical, social, and emotional health at Champion South Mountain: 2019*. Prepared for Champion Schools, Phoenix, AZ.
6. Wilson, K.*, **Ross, A.**, Edmeade, J.*, McElroy, D.* (2019). *Physical, social, and emotional health at Paideia Academy: 2019*. Prepared for Paideia Academy, Phoenix, AZ.
5. **Ross, A.**, Edmeade, J.*, McElroy, D.* (2018). *Why sports in school matters: A mixed method investigation of a comprehensive sports-centric approach to learning*. Prepared for Champion Schools, Phoenix, AZ.
4. **Ross, A.** (2018). *Why sports in school matters: A mixed method investigation of a comprehensive sports-centric approach and school climate*. Prepared for the Global Sport Institute, Arizona State University.
3. **Ross, A.** & Searle, M. (2016). *Happy people, happy neighborhood: Happiness and sense of community among Florida residents*. Prepared for the University of Florida Bureau of Economic and Business Research Survey Research Center.
2. **Ross, A.** (2014). *Executive report: City of Maricopa & Maricopa Unified School District: Safe Routes to School grant program*. Prepared for City of Maricopa, AZ.
1. **Ross, A.** & Rodriguez, A. (2013). *Executive report: City of Benson Parks & Recreation*. Prepared for Benson Parks Department, Benson, AZ.

Press and Other Dissemination Activities:

16. World Playground Research Institute (October 2024). [Supporting school children with disabilities: Addressing gaps in playground accessibility and inclusion](#)
15. NY Times (September 2024). [Asphalt schoolyards get a shady makeover](#)
14. Arizona Family (September 2024). [Deadly Driving: Arizona pedestrians in peril](#)
13. Arizona PBS (February 2024). [Improvements in Phoenix ensure children's safety](#)
12. Arizona Family (February 2024). [New bike lanes along Phoenix roadway increase safety for young students](#)
11. ASU News (February 2024). [A road safer traveled](#)
10. Wall Street Journal (July 2023). [Welcome to summer camp! You can play outside for 15 minutes](#)
9. ASU News (June 2022). [ASU to use American Rescue Funds to address disruptive impact of COVID-19](#).

8. ASU News (May 2022). [ASU course addresses 'female opportunity gaps' in sports participation](#)
7. SHAPE America Physical Activity Council Coffee Talks (daily during SHAPE America National Convention in April 2022)
Co-led hour-long sessions to engage researchers, practitioners, and government stakeholders in advocacy related to school-based physical activity.
6. SHAPE America Physical Activity Council Twitter slow chat (monthly 2020)
Co-led monthly Twitter chats on school physical activity promotion with 27,000+ @SHAPE_America followers
5. SHAPE America Physical Activity Council Wellness Series (weekly 2020)
Co-developed and promoted weekly virtual physical activity sessions for 60 educators aimed at teacher wellness during COVID-19 pandemic
4. SHAPE America Mind & Body Calendars (monthly 2020-2021)
Created monthly calendars with daily physical activities targeting elementary and secondary health and physical educators distributed to all SHAPE America members
3. Ellingsen, K., Paulls-Neal, A., Bragg, K., Ellis, C., **Ross, A.** (April 2021). Comprehensive School Physical Activity Plans in Action. SHAPE America National Convention Lunch & Learn Series.
2. Paulson, L., **Ross, A.** (April 2021). Physical Activity and Physical Education Advocacy. SHAPE America National Convention Coffee Talk.
1. **Ross, A.** (2019). *Active transportation to school: Building healthy communities through walking and biking.* Green Living Magazine, www.greenlivingaz.com.

Grants:**Current Funded, External:**

5. Source: NIH/NCI Extramural Loan Repayment Program for Clinical Researchers (NOT-OD-22-148)
 Title: Two school-based physical activity interventions: The impact of an after-school curriculum and policy intervention on children's health
 Amount: \$29,956 (Percent Recognition: 100%)
 Dates: 08/2023-08/2025
 Role: PI
A two-year assessment of two school-based physical activity interventions.
 Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
4. Source: REI Cooperative Action Fund
 Title: Nature-based play for children with disabilities: A youth participatory action research project
 Amount: \$9,342 (Percent Recognition: 100%)
 Dates: 05/2024-05/2026
 Role: Co-I
A play-based school intervention to increase social health and physical activity among children with disabilities.
 Role(s): ☒ Developed concept ☒ Research design ☒ Mentor

Current Funded, Internal:

4. Source: Institute for Social Science Research, Arizona State University
 Title: Recess activity leader and youth supervisor "RALYS" project
 Amount: \$8,000
 Date: 06/2025-06/2026
 Role: MPI (MPI: Kulinna, PH.)
 Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
3. Source: Institute for Social Science Research, Arizona State University
 Title: Expanding understanding and action on heat resilience and physical activity in Arizona's elementary schools
 Amount: \$8,000
 Date: 09/2024-09/2025
 Role: Co-investigator (PI: Wilson, K.)
 Role(s): ☐ Developed concept ☒ Research design ☒ Mentor
2. Source: College of Health Solutions Heat and Health Pilot Grant, Arizona State University
 Title: Supporting recess in the heat: A case study of six Arizona elementary schools
 Amount: \$49,910
 Dates: 06/2024-06/2025
 Role: PI (Co-Is: Vanos, J., Middel, A.)
A mixed method case study to assess the implementation of recess during extreme heat and impact on children's health in six Arizona elementary schools.
 Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

1. Source: The Design School Grant, Arizona State University
Title: Community Collaboration to Improve a School Shared Use Path: Impact of Environmental Changes on Usage
Amount: \$10,000
Dates: 06/2023-06/2025
Role: MPI (MPI: Coseo, P.)
A case study using community co-design of a shared use path to assess usage and physical activity.
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

In Review, External:

10. Source: US Department of Transportation (DOT)
Title: Cooling the Commute: Heat Safe Routes to School
Amount: \$100,000 (Percent Recognition: 40%)
Date: June 2025
Role: PI
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
9. Source: Chick-fil-A True Inspiration Awards
Title: Recess Activity Leader and Youth Supervisor “RALYS” Project
Amount: \$229,842 (Percent Recognition: 50%)
Date: May 2025
Role: MPI (MPI: Kulinna, P.H.)
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
8. Source: Blue Cross Blue Shield of Arizona
Title: Heat Respite Centers for Schoolyards
Amount: \$45,000 (Percent Recognition: 50%)
Date: March 2025
Role: MPI (MPI: Kulinna, P.H.)
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
7. Source: Robert Wood Johnson Foundation
Title: School Play Audits: Making Play Spaces Accessible & Inclusive for Children with Disabilities
Amount: \$50,000 (Percent Recognition: 10%)
Date: March 2025
Role: PI
Role(s): ☐ Developed concept ☒ Research design ☒ Mentor
6. Source: NIH R01
Title: HeatReady Schools: Supporting children’s physical activity in extreme heat
Amount: \$3,796,919 (Percent Recognition: 60%)
Date: February 2025
Role: PI
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

5. Source: NSF R2I2
 Title: Cultivating School Heat Readiness in the Southwest
 Amount: \$499,960 (Percent Recognition: 30%)
 Date: February 2025
 Role: CoPI (PI: Vanos)
 Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

4. Source: NIH R01
 Title: Neighborhood walkability and moderation of an adaptive physical activity intervention on adoption and maintenance of moderate-to-vigorous physical activity among adolescents (WalkIT Adolescent)
 Amount: \$3,865,288 (Percent Recognition: 10%)
 Date: February 2025
 Role: Co-investigator (PIs: Adams, M. and Oyeyemi, A.)
 Role(s): ☐ Developed concept ☒ Research design ☐ Mentor

3. Source: NIH UG3/UH3
 Title: Amplifying the Impact of the Fresh Fruit and Vegetable Program Beyond Schools: A Multisectoral Approach
 Amount: \$7,310,949 (Percent Recognition: 8%)
 Date: July 2024
 Role(s): Co-investigator (PIs: Ohri-Vachaspati, P. and Adams, M.)
 Role(s): ☐ Developed concept ☒ Research design ☐ Mentor

2. Source: NIH T32
 Title: ChatBCT: Interdisciplinary Personalized Digital Health Analytics Training for Behavioral Health
 Amount: \$1,421,440 (Percent Recognition: 2%)
 Date: May 2024
 Role: Co-investigator (PIs: Buman, Ghasemzadeh, Stecher)
 Role(s): ☐ Developed concept ☒ Research design ☐ Mentor

1. Source: Ameriprise Financial
 Title: Safe Routes to School Community 'Pop Up' Project
 Amount: \$9,986 (Percent Recognition: 20%)
 Date: May 2024
 Role: PI
 Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

In Review, Internal:

1. Source: Mary Lou Fulton College, Arizona State University
 Title: Junior Coach Programming: Outcomes, views and school connectedness of participants
 Amount: \$14,633.39
 Date: 09/2025-09/2026
 Role: MPI (MPI: Kulinna, PH.)
 Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

Previously Funded, External:

23. Source: Arizona Department of Education
 Title: Improving reading literacy and math through small group tutoring
 Amount: \$129,000 (Percent Recognition: 50%)
 Dates: 10/2023-12/2024
 Role: MPI (MPI: Kulinna, PH.)
An experiment comparing active tutoring to standard tutoring on children's physical activity and academic achievement.
 Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
22. Source: Arizona Office of the Governor
 Title: Promoting student health and learning and staff health and retention in elementary schools
 Amount: \$101,541 (Percent Recognition: 50%)
 Dates: 07/2023-06/2024
 Role: MPI (MPI: Kulinna, PH.)
Expanding an evidence-based model of physical education to recess to support children's movement and social-emotional health.
 Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
21. Source: Arizona Cardinals Charities
 Title: Increasing Walking and Biking to School in Phoenix: A Win for Children's Health
 Amount: \$2,500 (Percent Recognition: 50%)
 Dates: 01/2021-12/2023
 Role: MPI (MPI: Kulinna, PH.)
A community-based research project in partnership with the City of Phoenix to promote solutions to barriers to active school travel.
 Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
20. Source: United States Department of Education
 Title: Learning after hours: Taking social and emotional learning beyond the classroom with physical activity
 Amount: \$2,792,047 (Percent Recognition: 50%)
 Dates: 06/2022-09/2023
 Role: MPI (MPI: Kulinna, PH.)

A cluster-randomized trial to assess the impact of a playground curriculum on children's physical, social, and emotional health during recess and after school programming.

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

19. Source: United States Department of Education

Title: Sport, Health, and Academic Success

Amount: \$23,447 (Percent Recognition: 100%)

Dates: 01/2022-10/2022

Role: PI

The effect of yoga and mindfulness intervention on health and academic outcomes

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

18. Source: HHS: Administration for Community Living (ACL)

Title: Therapeutic and inclusive recreation programming in an Arizona elementary school

Amount: \$120,000 (Percent Recognition: 50%)

Dates: 07/2020-06/2021

Role: Co-I (MPI: Ramella, K.)

Implementation and effectiveness of an inclusive recreation intervention at an elementary school

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

Previously Funded, Internal:

17. Source: Mary Lou Fulton Teachers College Grant, Arizona State University
Title: The impact of education and supervision on recess implementation and children's physical activity in Arizona elementary schools: A mixed methods pilot study

Amount: \$14,941

Dates: 08/2023-07/2024

Role: MPI (MPI: Kulinna, PH.)

A pilot study comparing children's physical activity and social interaction at recess in schools with and without peer-lead programs

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

16. Source: College of Health Solutions JumpStart Grant. Arizona State University

Title: Impact of Recess Duration and Frequency on Children's Physical Activity: A Pilot Study

Amount: \$19,895

Dates: 12/2021-12/2022

Role: PI (Co-I: Kulinna, P.H., Ohri-Vachaspati, P., Bai, Y)

A pilot study to determine the impact of recess frequency and duration on children's physical activity

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

15. Source: Institute for Social Science Research, Arizona State University

Title: Impact of AZ Recess Law SB1083 on Elementary School Children's Physical Activity and Sedentary Behavior

Total \$7,948

Dates: 12/2021-12/2022.

Role: MPI (MPI: Kulinna, PH.)

A pilot study to measure children's physical activity at recess in two lower-income and two higher-income schools

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

14. Source: Healthy Urban Environments (HUE)
Title: Revitalizing and Reimagining Outdoor Play and Learning Environments
Amount: \$24,125
Dates: 05/2021-12/2022
Role: MPI (MPI: Vanos)
A longitudinal study assessing a nature-based playground redesign on children's health
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
13. Source: Global Sport Institute
Title: Developing an Empowerment Pipeline: How a Coaching Internship Course Could Empower a Community through Girls' Youth Sport
Amount: \$15,000
Dates: 08/2020-07/2022
Role: MPI (MPI: Zanin, A., Lopez, V.)
Development of ASU internship course in partnership with local youth sport organizations serving girls in under-resourced communities
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
12. Source: Mary Lou Fulton Teachers College Seed Grant, Arizona State University
Title: The State of the State: A Representative Survey of Physical Activity Opportunities in Arizona Schools
Amount: \$10,082
Dates: 05/2021-05/2022
Role: MPI (MPI: Kulinna, PH, van der Mars, H.)
A statewide survey with random site visits to collect data on availability of physical activity opportunities, including recess, at school
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
11. Source: Institute for Social Science Research, Arizona State University
Title: A Pilot Study Examining a Nature-Based Playground Intervention on Children's Physical Activity and Heat Exposure
Amount: \$7,984
Dates: 03/2021-03/2022
Role: MPI (MPI: Vanos, J.)
A longitudinal study of the effect of a nature-based playground redesign on children's health
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
10. Source: Institute for Social Science Research, Arizona State University
Title: Culture of Active Transportation to School (CATS)

Amount: \$6,998
 Dates: 01/2020-01/2021
 Role: PI (Co-I: LaJeunesse, S.)
Development and validation of observational assessment tool to measure the school culture of walking and biking to school
 Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

9. Source: Global Sport Institute
 Title: Sport and flow
 Amount: \$15,000
 Dates: 01/2020-01/2021
 Role: PI
A sport intervention on flow state among adult exercisers
 Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

8. Source: Global Sport Institute
 Title: Using an Activist Approach in Physical Education: An Experiment with Music
 Amount: \$20,000
 Dates: 09/2020-09/2021
 Role: PI
The impact of music on cardiovascular fitness and enjoyment in physical education
 Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

7. Source: Global Sport Institute
 Title: Tailoring sport for adolescent girls: A youth participatory action research project
 Amount: \$15,000
 Dates: 01/2020-01/2021
 Role: PI
A youth participatory action project involving girls and sport
 Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

6. Source: HHS: Administration for Community Living (ACL)
 Title: Therapeutic and inclusive recreation programming in Arizona schools
 Amount: \$185,000 (Percent Recognition: 50%)
 Dates: 07/2019-06/ 2020
 Role: Co-I (PI: Ramella, K.)
Pilot of a therapeutic and inclusive recreation intervention at two elementary schools
 Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

5. Source: Institute for Social Science Research, Arizona State University
 Title: Associations between active transportation to school and sense of community
 Amount: \$7,752
 Dates: 04/2019-06/2020
 Role: PI (Co-Is: LaJeunesse, S., Kulinna, P, Herrera, M.)
A survey of associations between active transportation to school and sense of community among parents of students at eight elementary schools

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

4. Source: Watts College of Public Service & Community Solutions Grant, Arizona State University
Title: Write it Out: Examining expressive writing techniques for youth sport parents
Amount: \$7,000
Dates: 02/2019-06/2020
Role: Co-I (PI: Legg, E.)
The impact of a journaling intervention on attitudes of youth sport among parents
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

3. Source: Global Sport Institute
Title: Race and sport around the globe
Amount: \$19,000
Dates: 01/2019-01/2020
Role: PI
A matched control study investigating the impact of a comprehensive sports-centric approach to learning on motivation, physical activity, body image, and empowerment
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

2. Source: Watts College of Public Service & Community Solutions Grant, Arizona State University
Title: A regional analysis of active transportation to school trends in the Phoenix Metro: 2007-2018
Amount: \$5,000
Dates: 12/2018-12/2019
Role: PI
A secondary analysis of active transportation trends in the Phoenix Metro area from 2007-2018
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

1. Source: Global Sport Institute
Title: Impact of a comprehensive sports-centric approach on motivation, school climate, and sense of community
Amount: \$18,500
Dates: 12/2018-12/2019
Role: PI
A mixed method study investigating the impact of a comprehensive sports-centric approach to learning on motivation, school climate, and sense of community
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

Submitted not funded, External:

25. Source: Robert Wood Johnson Foundation
Title: System solutions for childhood obesity and health equity in Arizona: AZ Health Zone
Amount: \$2,500,000 (Percent Recognition: 100%)
Dates: June 2024

Role: PI (Co-I: Konnecke, C.)

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

24. Source: Blue Cross Blue Shield of Arizona
Title: Play for All: A youth-led program supporting health and connectedness for children with disabilities
Amount: \$77,062 (Percent Recognition: 100%)
Date: May 2024
Role: PI
Role(s): ☒ Developed concept ☒ Research design ☒ Mentor

23. Source: NIH/NICHD
Title: The impact, implementation, and cost-benefit of integrating engineering technical assistance into Safe Routes to School programs: A natural experiment in Phoenix, Arizona
Amount: \$3,766,990 (Percent Recognition: 80%)
Dates: April 2024 [Discussed, Impact score: 53; Percentile: 48%]
Role: PI (Co-Is: Adams, M., Kulinna, PH., Chen, D., Green, E.)
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

22. Source: Robert Wood Johnson Foundation Pioneering Ideas: Exploring the Future to Build a Culture of Health
Title: Supporting school recess during extreme heat
Amount: \$399,750 (Percent Recognition: 60%)
Dates: September 2023
Role: PI (Co-Is: Vanos, J., Kulinna, PH.)
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

21. Source: NIH/NCI
Title: Strategies to improve recess policy adoption, implementation, and children's physical activity in Arizona elementary schools
Amount: \$3,754,709 (Percent Recognition: 75%)
Dates: July 2023 [Not Discussed]
Role: PI (Co-Is: Kulinna, PH., Estabrooks, P., Chen, D, Bai, Y., Carpenter, S., Ohri-Vachaspati, P.)
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

20. Source: Centers for Disease Control and Prevention
Title: A natural experiment testing the implementation, impact, and cost-benefit of Safe Routes to Schools technical assistance to promote health equity in Phoenix, Arizona
Amount: \$3,766,990 (Percent Recognition: 80%)
Dates: February 2023 [Discussed, Impact score: 53]
Role: PI (Co-Is: Adams, M., Kulinna, P.H., Green, E., Chen, D.)
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

19. Source: SDG Impact Fund
Title: MySDG Index: A SDG#3 City KPI template
Amount: \$5,000,000 (Percent Recognition: 10%)

Dates: November 2022

Role: Co-I (PI: Wade, N.; Co-Is: Riley, W., Adams, M., Domino, M., Miller, J.)

Role(s): ☐ Developed concept ☒ Research design ☐ Mentor

18. Source: Maricopa County Department of Public Health
Title: Using citizen science to promote health equity through Safe Routes to School in Maricopa County, AZ
Amount: \$662,255 (Percent Recognition: 100%)
Dates: March 2023
Role: PI
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
17. Source: NIH/NCI
Title: The impact of education and funding for playground supervision on recess adoption, implementation, and children's physical activity in Arizona elementary schools
Amount: \$3,752,431 (Percent Recognition: 75%)
Dates: October 2022 [Discussed, Impact score: 56; Percentile: 45%]
Role: PI (Co-Is: Kulinna, P., Estabrooks, P., Burns, R., Bai, Y., Ohri-Vachaspati, P.)
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
16. Source: NIH/NCI
Title: Implementation and effectiveness of Arizona recess law SB1083 on children's physical activity
Amount: \$50,000 (Percent Recognition: 100%)
Dates: August 2022
Role: PI
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
15. Source: State Farm Neighborhood Assist
Title: Developing a Desert Forest Learning Path in Phoenix-South Mountain
Amount: \$25,000 (Percent Recognition: 100%)
Dates: February 2022
Role: Co-I (PI: Wilson, K.; Co-Is: Schulke, M., Winsor, B., Garrison, V.)
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
14. Source: NIH/NICHHD
Title: Implementation and Impact of Arizona Recess Law SB1083 on Children's Physical Activity and Sedentary Behavior: A Longitudinal Cohort Study
Amount: \$3,735,643 (Percent Recognition: 60%)
Dates: July 2021 [Discussed, Impact score: 54]
Role: PI (Co-Is: Kulinna, P., Ohri-Vachaspati, P., Burns, R., Bai, Y.)
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
13. Source: Thomas L. McKenzie Research Award, SHAPE America
Title: The role of a recess champion on knowledge diffusion and policy implementation: A social network analysis

Amount: \$2,000 (Percent Recognition: 100%)

Dates: February 2020

Role: PI (Co-Is: Prochnow, T., Der Ananian, C.)

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

12. Source: USDHHS/Office of Minority Health
Title: Youth Engagement in Sport
Amount: \$734,339 (Percent Recognition: 85%)
Dates: May 2019
Role: PI (Co-Is: Legg, E., Buman, M., Lopez, V., van der Mars, H., Bruening, M., Brooks, S.)
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
11. Source: Brady Education Foundation
Title: Program Evaluation: Safe Routes to School in Arizona
Amount: \$96,477 (Percent Recognition: 70%)
Dates: July 2018
Role: PI (Co-I: Legg, E.)
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
10. Source: Robert Wood Johnson Foundation: New Connections, Increasing Diversity
Title: Promoting active transportation to school
Amount: \$49,999 (Percent Recognition: 100%)
Dates: March 2018
Role: PI
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

Submitted not funded, Internal:

9. Source: Substance Use and Translational Research Network at ASU (SATRN) Seed Grant
Title: Preventing adolescence substance abuse through physical activity in schools
Amount: \$22,370
Dates: January 2024
Role: PI (Co-Is: Canteme, L., Mendoza, N.)
Role(s): ☐ Developed concept ☒ Research design ☐ Mentor
8. Source: Southwest Interdisciplinary Research Center (SIRC), Arizona State University
Title: Developing a Dashboard for Active Transportation to School (DATS): A Pilot Study Using Community-Based Citizen Science to Improve the Safety of Children Walking in Diverse and Lower-Income Communities
Amount: \$50,000
Dates: December 2020
Role: PI (Co-I: Buman, M.)
Role(s): ☒ Developed concept ☒ Research design ☐ Mentor
7. Source: Women & Philanthropy, Arizona State University

Title: An Evidence-Based Youth Coaching Curriculum to Promote Girls' Sport Participation

Amount: \$86,829

Dates: September 2020

Role: MPI (MPIs: Zanin, A., Lopez, V.)

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

6. Source: Global Sport Institute

Title: Phase II: Testing the Efficacy of an Empowerment Coaching Curriculum

Amount: \$20,000

Dates: April 2020

Role: MPI (MPIs: Zanin, A., Lopez, V.)

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

5. Source: Women & Philanthropy, Arizona State University

Title: Developing an Empowerment Pipeline: How a Coaching Internship Course Could Empower a Community through Girls' Youth Sport

Amount: \$100,000

Dates: September 2019

Role: MPI (MPIs: Zanin, A., Lopez, V.)

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

4. Source: Institute for Social Science Research, Arizona State University

Title: TIRP extension: Recess observation

Amount: \$8,000

Dates: September 2019

Role: MPI (MPI: Ramella, K.)

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

3. Source: Global Sport Institute

Title: Exploring parent-child communication to and from youth sporting events

Amount: \$20,000

Dates: September 2019

Role: PI (Co-Is: Tran, A., Legg, E., Edmeade, J.)

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

2. Source: Faculty Collaborative Curriculum Grant, Arizona State University

Title: Integrating inclusive education into community development

Amount: \$5,000

Dates: February 2019

Role: MPI (MPI: Ramella, K.)

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

1. Source: Watts College of Public Service & Community Solutions Grant, Arizona State University

Title: The impact of active transportation to school on sense of community

Amount: \$30,000

Dates: March 2018

Role: PI (Co-Is: Jordan, E., Vogt, C., Kulinna, P., Joshua, S.)

Role(s): ☒ Developed concept ☒ Research design ☐ Mentor

External Student-Led/Training Grants:

In review, external:

1. Source: NIH K99/R00
 Title: The Playability Index: A tool to safeguard children's outdoor physical activity in extreme heat
 Amount: \$583,112
 Dates: June 2025
 Role: Mentor/Co-I (PI: Wilson, K.)
 Role(s): ☐ Developed concept ☒ Research design ☒ Mentor

Submitted, not funded, external:

4. Source: Quadratic Cares 'Energize the Environment' Grant Program
 Title: Developing a Desert Forest Learning Path in Phoenix-South Mountain
 Amount: \$3,500
 Dates: June 2022
 Role: Mentor/Co-I (PI: Wilson, K.)
 Role(s): ☒ Developed concept ☒ Research design ☒ Mentor
3. Source: NIH/NICHD Ruth L. Kirschstein National Research Service Award (NRSA) Individual Predoctoral Fellowship
 Title: Playground Accessibility in Elementary Schools: The Potential Health Impacts for Children with Physical Disabilities
 Amount: \$175,077
 Dates: April 2023
 Role: Mentor/Co-I (PI: Schulke, M.)
 Role(s): ☐ Developed concept ☒ Research design ☒ Mentor
2. Source: Society of Health and Physical Educators (SHAPE)
 Title: A publicly available, web-based, data management tool for systematic observation
 Amount: \$2,000
 Dates: February 2023
 Role: Mentor/Co-I (PI: Wilson, K.)
 Role(s): ☒ Developed concept ☒ Research design ☒ Mentor
1. Source: NIH/NCI Predoctoral to Postdoctoral Fellow Transition Award
 Title: Impact of school playground renovations on after-hours usage, physical activity, and neighborhood cohesion: An extension of the PLAYground Project cluster-randomized trial
 Amount: \$408,207
 Dates: November 2022
 Role: Mentor/Co-I (PI: Wilson, K.)
 Role(s): ☐ Developed concept ☒ Research design ☒ Mentor

TEACHING

Course	Title	Average Enrollment	# Courses Taught	Term(s)	Modality	Average Rating
CHS 494 ¹	Citizen Science in Health Foundations of Health	8	1	Spr 2025	In person	4.35 ¹
HEP 102 ¹	Education & Health Promotion	20	1	Fall 2024	Hybrid	4.80 ¹
HEP 102 ¹	Foundations of Health Education & Health Promotion	50	2	Fall 2024 - Spr 2025	Online	4.55 ¹
EXW 101 ¹	Foundations in Exercise & Wellness	55	7	Fall 2020 - Spr 2024	Online	1.30 ²
PRM 120 ²	Leisure and Quality of Life	95	5	Fall 2018 - Spr 2020	In person	4.40 ¹
EXW 325 ¹	Fitness for Life	50	1	Spr 2018	Online	4.60 ¹
KIN 290 ¹	Evidence Based Practice	25	1	Spr 2018	In person	N/A
REC 120 ³	Leisure and Quality of Life	25	10	Spr 2011 - Fall 2016	Hybrid	N/A
EXS 101 ³	Introduction to Kinesiology	17	1	Fall 2016	In person	N/A
HES 154 ³	CPR & First Aid	12	7	Spr 2012 - Spr 2015	In person	N/A

¹ Arizona State University: five-point scale where 1 = lowest, 5 = highest rating

² Arizona State University: five-point scale where 1 = highest, 5 = lowest rating

³ Maricopa Community College system: not available

COURSES DEVELOPED

- KIN/COM 494 – Applied Coaching Communication (2020)
- CSM 201 – Community Sports (2019)

CURRICULA DEVELOPED

- Robinson, A.*, Schulke, M.*, **Poulos, A.** (2023). A six-week yoga and mindfulness curriculum for adolescents. <https://doi.org/10.48349/ASU/YZLWV9>
- Schulke, M.*, **Poulos, A.**, Kulinna, PH. (2024). [Toolkit for junior coach recess program](#)

STUDENT MENTORSHIP

Mentoring		
Level	Status	Number
Post-Doc	In progress	0
	Complete	2
PhD (Chair)	In progress	2
	Complete	2
Master's/MD (Chair)*	In progress	1
	Complete	1
Undergraduate (Thesis)	In progress	3
	Complete	6
Graduate (Committees)	In progress	6
	Complete	3
Graduate (Non-Thesis Research)	In progress	6
	Complete	7
Undergraduate (Non-Thesis Research)	In progress	10
	Complete	22
Undergraduate (Non-Thesis Teaching Assisting)	In progress	2
	Complete	9

SERVICE**UNIVERSITY AND COLLEGE SERVICE****UNIVERSITY**

4. Global Futures Scientist (2024-present)
3. Global Sport Institute Scholar (2018-present)
2. Institute for Social Science Research Affiliate Faculty (2020-present)
 - Graduate student poster reviewer (quarterly, 2020-present)
 - Seed grant reviewer (2021-present)
1. Barrett Honors College Faculty (2021-present)

COLLEGE

College of Health Solutions

7. Co-Chair, Student Health Research Connection Club (2024-present)
6. Ad Hoc Member, Personnel Committee (2021-2024)
5. Chair, Tenure-Track Faculty in Maternal & Child Health Search Committee (2024)
4. Member, Undergraduate Student Research Initiative (2024-present)
3. Member, Exercise & Nutritional Sciences PhD Application Committee (2023-present)

2. Member, Population Health MS Curriculum Committee (2023-present)
1. Member, CHS Jumpstart Grant Reviewer (2022)

School of Community Resources & Development

1. Member, Undergraduate Standards & Appeals Committee (2019-2020)

PROFESSIONAL SERVICE

9. Member, PE/PA Policy Action Team, AZ School Health & Wellness Coalition (2021-present)
8. Invited Member, PlayCore Scholar Network (2022-present)
7. Invited State Level Lead, US Physical Education and Physical Activity Policy/Practices (US-PEPAP) Surveillance Project (2022-present)
6. Journal of Physical Activity & Health, Editorial Board Member (2024-2026)
5. Participant, Hierarchy of Physical Activity (HOPA) Needs workgroup and State Nutrition and Physical Activity workgroup, Arizona Department of Health Services (2023-2024)
4. Participant, Valley of the Sun YMCA Whole Health Initiative Task Force (2023-2024)
3. Elected Member, SHAPE (Society of Health and Physical Education) America Physical Activity Council (2020-2022)
2. Invited Member, National Collaborative on Childhood Obesity Research (NCCOR) workgroup on youth active travel to school surveillance (Fall 2020)
1. Reviewer, Conference Abstracts (2019-present)
 APHA National Annual Meeting, SHAPE America National Convention, Transportation Research Board Annual Meeting

Journal Ad Hoc Reviewer

10. BMC Public Health
9. Health Education & Behavior
8. Health & Place
7. International Journal of Behavioral Nutrition and Physical Activity
6. Journal of Healthy Eating and Active Living
5. Journal of Physical Education, Recreation, and Dance
4. Journal of Sport and Health Science
3. Journal of Transport & Health
2. Pediatric Exercise Science
1. Travel Behaviour and Society

Professional Memberships

4. American Public Health Association
3. Arizona Health and Physical Education
2. International Society of Behavioral Nutrition and Physical Activity
1. International Society for Physical Activity and Health

PROFESSIONAL DEVELOPMENT

9. (2024) ASU Summer Teaching Academy
8. (2023) ASU Faculty Women's Association Mentorship Program
7. (2023-2024) Mountain States Partnership for Community-Engaged Dissemination & Implementation (MS-CEDI) Training Fellow

6. (2022-2023) ASU Dissemination & Implementation Science Training Program Fellow
5. (2021) Physical Activity and Public Health Fellow - University of South Carolina Arnold School of Public Health
4. (2019) Longitudinal Data Analysis weeklong workshop – University of Utah
3. (2018) Structural Equation Modeling weeklong workshop – University of Maryland
2. (2018) Mixture Modeling weeklong workshop – University of North Carolina, Chapel Hill
1. (2018) Advanced Analyses for Complex Questions in Behavioral Sciences – appliedanalyses.com

CERTIFICATIONS

6. Arizona Teaching Certification in Physical Education, K-12
5. California Teaching Credential in Physical Education, K-12
4. Massachusetts Teaching License in Physical Education, K-12
3. American Heart Association (AHA) Heartsaver CPR/AED & First Aid Instructor
2. American College of Sports Medicine (ACSM)/National Physical Activity Society (NPAS) Physical Activity in Public Health Specialist
1. Dynamic Indicators of Basic Early Literacy Skills (DIBELS) certified

Honors and Awards

2025	Nominated, Outstanding Faculty Mentor Award, ASU Faculty Women's Association
2024	Nominated, Outstanding Faculty Mentor Award, ASU Graduate College, College of Health Solutions
2023	Best Poster, Active Living Conference [A gap in access to play spaces for physical activity in Arizona elementary schools]
2023	College of Health Solutions Marshal, ASU Undergraduate Commencement
2022	Nominated Outstanding Faculty Mentor Award, ASU Graduate College
2021	Nominated Rookie of the Year, ASU College of Health Solutions

RELEVANT PROFESSIONAL EXPERIENCE

Adjunct Faculty 2011-2017	Maricopa Community Colleges (AZ)
Research Analyst 2012-2013	Maricopa Community Colleges (AZ)
Research Consultant 2012-2013	Department of Recreation, City of Benson (AZ)
Research Consultant 2014-2015	Department of Transportation, City of Maricopa (AZ)
Teacher 2008-2011	Health and Physical Education; Maricopa Unified School District (AZ)
Teacher 2003-2008	Physical Education; Saddleback Valley Unified School District (CA)