

## 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

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### 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

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## 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

Q = quartile ranking (SCJ Scimago)

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

### Published Manuscripts:

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*. [doi-org.ezproxy1.lib.asu.edu/10.1111/josh.13537](https://doi-org.ezproxy1.lib.asu.edu/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)].  
perceived accessibility to play spaces for physical activity in Arizona elementary schools. 32.
- Schulke, M.\*, Wilson, K.\*, Ramella, K., Kulinna, P.H., **Poulos, A.+** (2024). A gap in *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: 1, Q1]
31. **Poulos, A.+,** Wilson, K.\*, Schulke, M.\*, Nam, K. \*, Bai, Y., Ohri-Vachaspati, P., Kulinna, P.H. (2024). The impact of recess frequency on children's physical activity in Arizona (U.S.) public elementary schools: A pilot study. *BMC Public Health*, 24(225). [10.1016/j.dhjo.2024.101595](https://doi.org/10.1016/j.dhjo.2024.101595) [IF: 4.490, 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](https://doi.org/10.1080/07303084.2023.2237562) [IF: 0.843, 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](https://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](https://doi.org/10.1123/jpah.2022-0576) [IF: 2.592, #C: 3, Q2]
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](https://doi.org/10.1123/jtpe.2021-0168) [IF: 1.845, #C: 6, 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](https://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](https://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](https://doi.org/10.1186/s12966-022-01355-4) [IF: 6.457, #C: 11, 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/10.1177/10901171221091234](https://doi.org/10.1177/10901171221091234) [IF: 2.956, #C: 2, 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.10.1111/josh.13222](https://doi.org/10.1111/josh.13222) [IF: 1.673, #C: 4, 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](https://doi.org/10.1186/s12889-022-13991-3) [IF: 3.295, #C: 10, 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:10.1111/josh.13125](https://doi.org/10.1111/josh.13125) [IF: 1.673, #C: 9, 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](https://doi.org/10.1111/josh.13083) [IF: 1.673, #C: 5, 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](https://doi.org/10.1016/j.jth.2021.101236) [IF: 2.796, #C: 7, 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:10.1016/j.wss.2020.100014](https://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:10.1177/0017896920988750](https://doi.org/10.1177/0017896920988750) [IF: 1.008, #C: 10, 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](https://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: 9, 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: 7, 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: 16, 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: 12, 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: 38, 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: 19, 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/s42413-019-00018w](https://doi.org/10.1007/s42413-019-00018w) [IF: N/A (new journal in 2019), #C: 16]
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: 11, Q2]
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: 51, 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: 66, 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, sociocultural, 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: 33, Q3]

#### Manuscripts In Press:

1. 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*. <https://doi.org/10.1093/heapro/daaf019> [IF: 2.800, Q1]

#### Manuscripts Under Review:

12. **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. *American Journal of Health Promotion*. [IF: 2.5, Q1]
11. Hassan, U.A.\*, Oyeyemi, A.L., Wilson, K., Kulinna, P.H., **Poulos, A.+** Active days and unrestful nights: Assessing physical activity levels and sleep among children attending afterschool programs in Arizona. *Journal of School Health*. [IF: 2.288, Q1]
10. 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, Q2]
9. 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]**

8. **Poulos, A.+,** Wilson, K. Heat causes persistent disruption to recess in Arizona elementary schools. *Public Health Reports*. [IF: 3.0, Q1]
7. Albaloul, O.\*, Kulinna, P. H., Schulke, M.\*, Min, H.\*, Kim, J.\*, Hassan, U.\*, Pearson, L.\*, **Poulos, A.+** Strategies for managing recess and physical activity during extreme heat in schools. *Journal of Physical Education, Recreation & Dance*. [IF: 1.3, Q3]
6. Raval, S.\*, Acciai, F., Wilson, K., **Poulos, A.**, Ohri-Vachaspati, P. 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*. [IF: 2.9, Q2]
5. Simonton, K., Wei, M., Kulinna, P.H., **Poulos, A.** Development of a social-emotional learning questionnaire for afterschool physical activity programs. *Journal of Youth Development*. [IF: 0.800, Q3]
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. *JMIR Mental Health*. [IF: 4.800, Q1]
3. **Poulos, A.+,** Wilson, K.\*, Wei, M., Schulke, M.\*, Hodges Kulinna, P. Potential implementation strategies to facilitate recess in elementary schools using the CFIRERIC/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.

### Published Conference Abstracts [Presented and Refereed unless otherwise indicated]: First author = Presenting author

5. Min, H.\*, Wei, M., Kulinna, P. H., **Poulos, A.**, & Albaloul, O.\* (2024). Staff perceptions of the implementation of an after-school playground curriculum intervention. *Research Quarterly for Exercise and Sport*, 95(Suppl. 1), S69.
4. **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. *Research Quarterly for Exercise and Sport*, 95(Suppl. 1), S31.
3. 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? *Research Quarterly for Exercise and Sport*, 95(Suppl. 1), S75.

2. Wei, M., Schulke, M.\*, Kulinna, P.H., **Poulos, A.** (2024). An investigation of student's willingness to intervene in bullying in afterschool programs. *Research Quarterly for Exercise and Sport*, 95(Suppl. 1), S102-S103.
1. Schulke, M.\*, Nam, K.\*, Wilson, K. \*, Kulinna, P. H., **Poulos, A.**+ (2023). Policies predicting physical education practices in elementary schools. *Research Quarterly for Exercise and Sport*, 94(Suppl. 1), A109-A110. [doi.org/10.1080/02701367.2023.2179319](https://doi.org/10.1080/02701367.2023.2179319)

**Conference Presentations [Presented and Refereed unless otherwise indicated]:** First author = Presenting author

**Podium:**

39. **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.
38. 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.
37. **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.
36. 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.
35. 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.
34. Schulke, M.\*, Kulinna, P.H., DeMartino, L., **Poulos, A.** (2025). Junior Recess Coaches: A Youth Participatory Action Research Approach. Active Living Conference, Manhattan, KS.
33. **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.
32. Schulke, M.\*, Barajas, J.\*, Koro, M., Kulinna, P.H., **Poulos, A.** (2025). Physical Activity Promotion through Peer-Led Programming. Active Living Conference, Manhattan, KS.
31. 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.
30. 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.
29. 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.
28. 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.
  27. 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. [Not Refereed].
  26. 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. [Not Refereed].
  25. 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 afterschool programs. *International Society of Behavioral Nutrition and Physical Activity Annual Meeting*, Omaha, NE.
  24. **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.
  23. 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.
  22. 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.
  21. 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.
  20. 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.
  19. 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. *AISEEP Association International Congress (Internationale des Ecoles Supérieures d'Education Physique - International Association for Physical Education in Higher Education)*. University of Jyväskylä, Jyväskylä, Finland.
  18. 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. *AISEEP*

- Association International Congress (Internationale des Ecoles Supérieures d'Education Physique - International Association for Physical Education in Higher Education). University of Jyväskylä, Jyväskylä, Finland.
17. 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.
  16. 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.
  15. **Poulos, A.**, Kulinna, P., 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.
  14. 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.
  13. 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.
  12. 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.
  11. 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.
  10. 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.
  9. 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.
  8. 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.
  7. 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.
  6. **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.



5. 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. [Not Refereed].
4. 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.
3. **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.
2. **Ross, A.** (2015). Active transportation to school: A new model. Southwest District Society of Health and Physical Educators Convention, Park City, UT.
1. **Ross, A.** (2011). Going Local: Investing in Neighborhood Schools. College of Public Programs Doctoral Student Research Conference, Arizona State University, Phoenix, AZ. [Not Refereed]

**Poster [Presented and Refereed unless otherwise indicated]:**

35. 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.
  34. 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.
  33. Truong, B.\*, Nam, K.\*, Hodges Kulinna, P., **Poulos, A.** 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, (November 2023). Phoenix, AZ.
  32. Wilson, K.\*, **Poulos, A.** Exploring the impact of promotion, programming, and renovations on public school campus usage for physical activity. Institute for Social Science Research Graduate Student Poster Competition (Arizona State University), (November 2023). Tempe, AZ.
- Impact of Nature-Based Schoolyard Redesign on Children's Movement and Environmental Interactions During Recess.
31. 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.
  30. Wilson, K.\*, Justesen, A.\*, Hudson, C.\*, Vanos, J., **Poulos, A.** International Society of Behavioral Nutrition and Physical Activity Annual Meeting. (June 2023). Uppsala, SE.
  29. Wilson, K.\*, Justesen, A.\*, Hudson, C.\*, Vanos, J., **Poulos, A.** International Congress of Biometeorology, (May 2023). Tempe, AZ.

28. Wilson, K.\*, Justesen, A.\*, Hudson, C.\*, Vanos, J., **Poulos, A.** Institute for Social Science Research Graduate Student Poster Competition (Arizona State University), (February 2023). Tempe, AZ.
27. Wilson, K.\*, Justesen, A.\*, Vanos, J., & **Ross, A.** College of Health Solutions Student Research Symposium (Arizona State University), (April 2022). Virtual. [NonRefereed]
26. Wilson, K.\*, Justesen, A.\*, Vanos, J., & **Ross, A.** Society of Health and Physical Educators (SHAPE America) Student Research Works-in-Progress, (April 2022). New Orleans, LA.
25. Wilson, K.\*, Justesen, A.\*, Vanos, J., & **Ross, A.** Institute for Social Science Research Graduate Student Poster Competition (Arizona State University). (2021). Virtual. [Non-Refereed]
24. Justesen, A.\*, Wilson, K.\*, Vanos, J., & **Ross, A.** Urban Climate Research Center Annual Poster Event (Arizona State University). (2021). Virtual. [Non-Refereed]
23. Schulke, M.\*, Wilson, K.\*, Ramella, K., Kulinna, P.H., **Poulos, A.** A gap in access to play spaces for physical activity in Arizona elementary schools. Active Living Conference. (March 2023). Bethesda, MD.
- Socioeconomic status and total enrollment best predictors of Shared Use in Arizona K-5 public schools: An exploratory machine learning approach.
22. Wilson, K.\*, Kulinna, P.H., **Poulos, A.** Mary Lou Fulton Teachers College, Teachers College Doctoral Council 2023 Education Research Conference (Arizona State University), (February 2023). Tempe, AZ.
21. Wilson, K.\*, Kulinna, P.H., **Poulos, A.** Institute for Social Science Research Graduate Student Poster Competition (Arizona State University), (November 2022). Tempe, AZ.
20. Wilson, K.\*, Kulinna, P.H., **Poulos, A.** American Public Health Association, (November 2022). Boston, MA. [Status: Accepted, not presented]
19. **Ross, A.**, Wilson, K.\*, Lanza, K., Vanos, J. 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. (May 2022). Phoenix, AZ
- Structured recreation during online recess to boost social and emotional health.
18. Wilson, K.\*, **Ross, A.**, Ramella, K., & Schulke, M.\* Society of Health and Physical Educators (SHAPE America) National Convention. (April 2022). New Orleans, LA.
17. Wilson, K.\*, **Ross, A.**, Ramella, K., & Schulke, M.\* Institute for Social Science Research. Graduate Student Poster Competition (Arizona State University). (April 2022). Virtual. [Non-Refereed]
16. Wilson, K.\*, **Ross, A.**, Ramella, K. (2021). School connectedness: Recreation as a contributing factor. American Public Health Association Annual Meeting. Virtual **Ross,**

- A.**, Cianci, K.\* , Ramella, K. Therapeutic and Inclusive Recreation Programming in Schools.
15. College of Health Solutions Research Day. (2021). Virtual. [Status: Presented [Not Refereed]
  14. The Academy of Leisure Sciences Annual Conference on Research and Teaching. (2021). 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. 21<sup>st</sup> Annual Scientific Meeting of the American Academy of Health Behavior. Virtual.
  12. **Ross, A.**, Ramella, K., Wilson, K.\* , Griffio, 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, sociocultural, 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 UniversityBased 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:

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.

#### **Community Publications/Reports/Infographics (Non-Refereed):**

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-BehaviorManagement.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-youthfamilies-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.** & Rodríguez, 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](http://www.greenlivingaz.com).

**Grants:****Current Funded:**

4. 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: September 2024  
Role: Co-investigator (PI: Wilson, K.)

3. Source: College of Health Solutions Pilot Grant for Heat and Health, 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.*
2. 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: 06/2023-05/2024  
Role: MPI (MPI: Coseo, P.)  
*A one-year case study using community co-design of a shared use path to assess path usage and physical activity.*
1. Source: NIH/NCI Extramural Loan Repayment Program for Clinical Researchers (NOTOD-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  
Dates: 08/2023-08/2025  
Role: PI  
*A two-year assessment of two school-based physical activity interventions.*

**Under Consideration:**

6. Source: NIH R01  
Title: HeatReady Schools: Supporting children's physical activity in extreme heat  
Amount: \$3,796,919  
Date: February 2025  
Role: PI
5. Source: NSF R2I2  
Title: Cultivating School Heat Readiness in the Southwest  
Amount: \$499,960  
Date: February 2025  
Role: CoPI (PI: Vanos)
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

Date: February 2025

Role: Co-investigator (PIs: Adams, M. and Oyeyemi, A.)

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  
Date: July 2024  
Role(s): Co-investigator (PIs: Ohri-Vachaspati, P. and Adams, M.)
2. Source: NIH T32  
Title: ChatBCT: Interdisciplinary Personalized Digital Health Analytics Training for Behavioral Health  
Amount: \$1,421,440  
Date: May 2024  
Role: Co-investigator (PIs: Buman, Ghasemzadeh, Stecher)
1. Source: Ameriprise Financial  
Title: Safe Routes to School Community 'Pop Up' Project  
Amount: \$9,986  
Dates: May 2024  
Role: PI

**Previously Funded:**

23. Source: Arizona Department of Education  
Title: Improving reading literacy and math through small group tutoring  
Amount: \$129,000  
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.*
22. Source: Arizona Office of the Governor  
Title: Promoting student health and learning and staff health and retention in elementary schools  
Amount: \$101,541  
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.*

21. Source: Arizona Cardinals Charities  
 Title: Increasing Walking and Biking to School in Phoenix: A Win for Children's Health  
 Amount: \$8,378  
 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.*
  
20. 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*
  
19. Source: United States Department of Education  
 Title: Learning after hours: Taking social and emotional learning beyond the classroom with physical activity  
 Amount: \$1,814,067  
 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.*
  
18. 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 (COI: 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*
  
17. 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*

16. 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 of the effect of a nature-based playground redesign on children's health*
15. Source: United States Department of Education  
 Title: Sport, Health, and Academic Success  
 Amount: \$40,219  
 Dates: 01/2022-10/2022  
 Role: PI  
*The effect of yoga and mindfulness intervention on health and academic outcomes*
14. 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*
13. 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*
12. 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*

11. Source: Arizona Developmental Disabilities Planning Council  
 Title: Therapeutic and inclusive recreation programming in an Arizona elementary school  
 Amount: \$120,000  
 Dates: 07/2020-06/2021  
 Role: Co-I (MPI: Ramella, K.)  
*Implementation and effectiveness of an inclusive recreation intervention at an elementary school*
  
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*
  
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*
  
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: MPI (MPI: Wilson, K.)  
*The impact of music on cardiovascular fitness and enjoyment in physical education*
  
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*
  
6. Source: Arizona Developmental Disabilities Planning Council  
 Title: Therapeutic and inclusive recreation programming in Arizona schools  
 Amount: \$240,000  
 Dates: 07/2019-06/ 2020  
 Role: Co-I (PI: Ramella, K.)

*Pilot of a therapeutic and inclusive recreation intervention at two elementary schools*

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*
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*
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*
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*
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*

**Unfunded:**

27. Source: Robert Wood Johnson Foundation  
Title: System solutions for childhood obesity and health equity in Arizona: AZ Health Zone  
Amount: \$2,500,000  
Dates: June 2024  
Role: PI (Co-I: Konnecke, C.)
26. 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  
Date: May 2024  
Role: PI
25. 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.)
24. 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  
Dates: April 2024 [Discussed, Impact score: 53; Percentile: 48%]  
Role: PI (Co-Is: Adams, M., Kulinna, PH., Chen, D., Green. E.)
23. 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  
Dates: September 2023  
Role: PI (Co-Is: Vanos, J., Kulinna, PH.)
22. Source: NIH/NCI  
Title: Strategies to improve recess policy adoption, implementation, and children's physical activity in Arizona elementary schools  
Amount: \$3,754,709  
Dates: July 2023 [Not Discussed]  
Role: PI (Co-Is: Kulinna, PH., Estabrooks, P., Chen, D, Bai, Y., Carpenter, S., OhriVachaspati, P.)
21. 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: \$2,095,803  
 Dates: February 2023 [Discussed, Impact score: 53]  
 Role: PI (Co-Is: Adams, M., Kulinna, P.H., Green, E., Chen, D.)

20. Source: SDG Impact Fund  
 Title: MySDG Index: A SDG#3 City KPI template  
 Amount: \$5,000,000  
 Dates: November 2022  
 Role: Co-I (PI: Wade, N.; Co-Is: Riley, W., Adams, M., Domino, M., Miller, J.)
  
19. 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  
 Dates: March 2023  
 Role: PI
  
18. 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  
 Dates: October 2022 [Discussed, Impact score: 56; Percentile: 45%]  
 Role: PI (Co-Is: Kulinna, P., Estabrooks, P., Burns, R., Bai, Y., Ohri-Vachaspati, P.)
  
17. Source: NIH/NCI  
 Title: Implementation and effectiveness of Arizona recess law SB1083 on children’s physical activity  
 Amount: \$50,000  
 Dates: August 2022  
 Role: PI
  
16. Source: State Farm Neighborhood Assist  
 Title: Developing a Desert Forest Learning Path in Phoenix-South Mountain  
 Amount: \$25,000  
 Dates: February 2022  
 Role: Co-I (PI: Wilson, K.; Co-Is: Schulke, M., Winsor, B., Garrison, V.)
  
15. 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

Dates: July 2021 [Discussed, Impact score: 54]

Role: PI (Co-Is: Kulinna, P., Ohri-Vachaspati, P., Burns, R., Bai, Y.)

14. 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.)
13. 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.)
12. Source: Spencer Foundation  
Title: Playing during a pandemic: Viewing Imaginative Life-Worlds during Self-Isolation  
Amount: \$49,999  
Dates: May 2020  
Role: Co-I (PI: Hess, A.; Co-Is: Coats, C., Vanos, J.)
11. 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.)
10. 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  
Dates: February 2020  
Role: PI (Co-Is: Prochnow, T., Der Ananian, C.)
9. 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.)

8. 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.)
  
7. 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.)
  
6. Source: USDHHS/Office of Minority Health  
 Title: Youth Engagement in Sport  
 Amount: \$734,339  
 Dates: May 2019  
 Role: PI (Co-Is: Legg, E., Buman, M., Lopez, V., van der Mars, H., Bruening, M., Brooks, S.)
  
5. 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.)
  
4. Source: Brady Education Foundation  
 Title: Program Evaluation: Safe Routes to School in Arizona  
 Amount: \$76,477  
 Dates: July 2018  
 Role: PI (Co-I: Legg, E.)
  
3. Source: Robert Wood Johnson Foundation: Evidence for Action  
 Title: The impact of active transportation to school on sense of community  
 Amount: \$365,000  
 Dates: May 2018  
 Role: PI (Co-Is: Jordan, E., Vogt, C., Kulinna, P., Joshua, S.)
  
2. 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.)



1. Source: Robert Wood Johnson Foundation: New Connections, Increasing Diversity  
Title: Promoting active transportation to school  
Amount: \$50,000  
Dates: March 2018  
Role: PI

## TEACHING

| Course               | Title  | Average Enrollment | # Courses Taught | Term(s)                 | Modality  | Average Rating    |
|----------------------|--|--------------------|------------------|-------------------------|-----------|-------------------|
| CHS 494 <sup>1</sup> | Citizen Science in Health                          | 15                 | 1                | Spr 2025                | In person |                   |
| HEP 102 <sup>1</sup> | Foundations of Health Education & Health Promotion | 20                 | 1                | Fall 2024               | In person |                   |
| HEP 102 <sup>1</sup> | Foundations of Health Education & Health Promotion | 50                 | 2                | Fall 2024 –<br>Spr 2025 | Online    |                   |
| EXW 101 <sup>1</sup> | Foundations in Exercise & Wellness                 | 55                 | 10               | Fall 2020Spr<br>2024    | Online    | 4.55 <sup>1</sup> |
| PRM 120 <sup>2</sup> | Leisure and Quality of Life                        | 95                 | 5                | Fall 2018 -<br>Spr 2020 | In person | 1.30 <sup>2</sup> |
| EXW 325 <sup>1</sup> | Fitness for Life                                   | 50                 | 1                | Spr 2018                | Online    | 4.40 <sup>1</sup> |
| KIN 290 <sup>1</sup> | Evidence Based Practice                            | 25                 | 1                | Spr 2018                | In person | 4.60 <sup>1</sup> |
| REC 120 <sup>2</sup> | Leisure and Quality of Life                        | 25                 | 10               | Spr 2011 Fall<br>2016   | Hybrid    | N/A               |
| EXS 101 <sup>3</sup> | Introduction to Kinesiology                        | 17                 | 1                | Fall 2016               | In person | N/A               |
| HES 154 <sup>3</sup> | CPR & First Aid                                    | 12                 | 7                | Spr 2012 Spr<br>2015    | In person | N/A               |

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

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

<sup>2</sup> 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>

## **STUDENT MENTORSHIP**

### **STUDENT-LED/TRAINING GRANTS**

#### **Funded:**

1. Source: REI Cooperative Action Fund  
Title: Nature-based play at school: A youth participatory action research project with children with disabilities  
Amount: \$9,342  
Dates: May 2024  
Role: Mentor/Co-I (PI: Schulke, M.)

#### **Unfunded:**

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.)
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.)
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.)
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.)

## SERVICE

### UNIVERSITY AND COLLEGE SERVICE

#### UNIVERSITY

- Global Futures Scientist (2024-present)
- Global Sport Institute Scholar (2018-present)
- Institute for Social Science Research Affiliate Faculty (2020-present)
- Barrett Honors College Faculty (2021-present)

#### COLLEGE

College of Health Solutions

- Co-Chair, Student Health Research Connection Club (2024-present)
- Ad Hoc Personnel Committee (2021-2024)
- Chair, Tenure-Track Faculty in Maternal & Child Health Search Committee (2024)
- Exercise & Nutritional Sciences PhD Application Committee (2023-present)
- Population Health MS Curriculum Committee (2023-present) ● Jumpstart Grant Reviewer (2022)

School of Community Resources & Development

- Undergraduate Standards & Appeals (2019-2020)

### PROFESSIONAL SERVICE

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

- Journal Ad Hoc Reviewer ○ BMC Public Health, Health Education & Behavior, Health & Place, International  
Journal of Behavioral Nutrition and Physical Activity; Journal of Healthy Eating and Active Living, Journal of Physical Education, Recreation, and Dance, Journal of Physical Activity and Health, Journal of Sport and Health Science, Journal of Transport & Health, Sustainability, Pediatric Exercise Science, Travel Behaviour and Society
- Professional Memberships ○ American Public Health Association, Arizona Health and Physical Education,  
International Society of Behavioral Nutrition and Physical Activity, International Society for Physical Activity and Health, Society of Health and Physical Educators

### PROFESSIONAL DEVELOPMENT

- (2024) ASU Summer Teaching Academy
- (2023) ASU Faculty Women’s Association Mentorship Program
- (2023) Mountain States Partnership for Community-Engaged Dissemination & Implementation (MS-CEDI) Training Fellow
- (2022) ASU Dissemination & Implementation Science Training Program Fellow
- (2021) Physical Activity and Public Health Fellow - University of South Carolina Arnold School of Public Health
- (2019) Longitudinal Data Analysis – University of Utah
- (2018) Structural Equation Modeling – University of Maryland
- (2018) Mixture Modeling – University of North Carolina, Chapel Hill
- (2018) Advanced Analyses for Complex Questions in Behavioral Sciences – [appliedanalyses.com](http://appliedanalyses.com)

### CERTIFICATIONS

- Arizona Teaching Certification in Physical Education, K-12
- California Teaching Credential in Physical Education, K-12
- Massachusetts Teaching License in Physical Education, K-12
- American Heart Association (AHA) Heartsaver CPR/AED & First Aid Instructor
- American College of Sports Medicine (ACSM)/National Physical Activity Society (NPAS) Physical Activity in Public Health Specialist
- Clear Cross-cultural, Language and Academic Development (CLAD) certified
- Dynamic Indicators of Basic Early Literacy Skills (DIBELS) certified

### AWARDS & HONORS

- Best Poster, Active Living Conference (2023) [Schulke, M.\*, Wilson, K.\*, Ramella, K., Hodges Kulinna, P., **Poulos, A.** A gap in access to play spaces for physical activity in Arizona elementary schools.]
- College of Health Solutions Marshal, ASU Undergraduate Commencement (2023)

- Nominated Outstanding Faculty Mentor Award, Graduate College, Arizona State University (2024, 2022)
- Nominated Rookie of the Year, College of Health Solutions, Arizona State University (2021)
- ASU Graduate Completion Fellowship (2015)
- Arizona Parks and Recreation Fellowship (2012)
- Fidelity Investments Teacher of Recognition, Southern CA (2008)
- National Association for Sport and Physical Education Outstanding Major of the Year (2001)
- Massachusetts Association for Health, Physical Education, Recreation, and Dance Outstanding Major Award (2000)
- Eric Palmer Award, Top Physical Education Major, Springfield College (2000)

### **RELEVANT PROFESSIONAL EXPERIENCE**

Adjunct Faculty 2011-2017 Maricopa Community Colleges (AZ)

Research Analyst Maricopa Community Colleges (AZ)  
2012-2013

Research Consultant 2012- Department of Recreation, City of Benson (AZ)  
2013

Research Consultant Department of Transportation, City of Maricopa (AZ)  
2014-2015

Teacher Health and Physical Education; Maricopa Unified School District (AZ)  
2008-2011

Teacher Physical Education; Saddleback Valley Unified School District (CA)  
2003-2008