

Allison Ross, Ph.D.
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College of Health Solutions
Arizona State University
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EDUCATION

- Ph.D. Community Development
Arizona State University, 2015
Emphasis: Physical activity and community health promotion
Dissertation: Conceptualizing social capital and active transportation to school through a social-ecological model
- M.S. Exercise Science & Sport Studies
Springfield College, 2003
Emphasis: Health promotion
Thesis: Association of television watching and children's weight status
- B.S. Physical Education
Springfield College, 2001
Minor: Health education

ACADEMIC EXPERIENCE

- Assistant Professor Arizona State University
2020-present College of Health Solutions
- Assistant Research Professor Arizona State University
2018-2020 School of Community Resources & Development
- Postdoctoral Research Fellow Arizona State University
2016-2018 Office of the University Provost, Dr. Mark Searle
- Adjunct Faculty South Mountain Community College
2011-2017 Department of Counseling, Health, & Wellness

RESEARCH

Research Interests

Community-based methods; health promotion; school-based physical activity promotion (active school transport, sport, play)

Publications

*denotes graduate student co-author

IF = impact factor

#C = number of citations

Published Manuscripts:

20. **Ross, A.**, Kurka, J. (2021). Individual and school-level predictors of active transportation among Safe Routes to School participants in Arizona: Impacts of distance and income. *Journal of School Health*. doi:10.1111/josh.13125 [IF: 1.673, #C: N/A]
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: N/A]
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: N/A]
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 [IF: N/A (new journal in 2020), #C: N/A]
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 [IF: 1.008, #C: N/A]
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: N/A]
14. **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 [IF: 2.849, #C: 3]
13. **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 [IF: 4.078, #C: 2]
12. **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 [IF: 0.547, #C: 4]
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 [IF: 2.614, #C: 3]
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 [IF: N/A, #C: N/A]
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 [IF: 1.040, #C: 6]

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: 9]
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: 6]
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: 6]
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: 9]
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: 20]
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: 36]
2. Cloutier, S., Berejnoi, E., Russell, S., Morrison, 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: 20]
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: 19]

Manuscripts In Press:

Manuscripts Under Review:

4. Wilson, K*, Ramella, K., **Ross, A.** Building school connectedness through structured recreation during school: A concurrent mixed-methods study. Submitted to *Journal of School Health*.
3. Wilson, K.*, Schmidt, A.*, Hess, A., Vanos, J., **Ross, A.** Shifts in physical activity, sedentary behavior, and play among lower-socioeconomic students during the COVID-19 pandemic: A repeated cross-sectional study. Submitted to *American Journal of Health Promotion*.
2. Griffo, J.*, Nam, K.*, van der Mars, H., Kulinna, P. H., **Ross, A.** What recess policy? Assessing Arizona schools adherence to Senate Bill 1083. Submitted to *Journal of Teaching in Physical Education*.
1. Legg, E., **Ross, A.** Navigating the dual mandate of publication and community impact: Participatory action research and learning from failure. Submitted to *Leisure/Loisir*.

Books and Chapters

2. Ramella, K., **Ross, A.** (2021, chapter in press). 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.

Conference Presentations:

Podium:

7. Paulson, L., Ellis, C., Foellmer, M., Foellmer, B., Howard, R., Knipe, R., Paulls-Neal, A., **Ross, A.** (2021). Physical activity used as punishment and/or behavior management: Practice Strategies. Society of Health and Physical Educators (SHAPE America) National Convention. New Orleans, LA. [Status: Submitted] [Refereed]
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. [Status: Presented] [Refereed]
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 [Status: Presented] [Non-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. [Status: Presented] [Refereed]
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. [Status: Presented] [Refereed]
2. **Ross, A.** (2015). Active transportation to school: A new model. Southwest District Society of Health and Physical Educators Convention, Park City, UT. [Status: Presented] [Refereed]
1. **Ross, A.** (2011). Going Local: Investing in Neighborhood Schools. College of Public Programs Doctoral Student Research Conference, Arizona State University, Phoenix, AZ. [Status: Presented] [Not Refereed]

Poster:

20. **Ross, A.**, Wilson, K., Lanza, K., Vanos, J. (2021). 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. [Status: Submitted] [Refereed]
19. Justesen, A., Wilson, K., Vanos, J., & **Ross, A.** (2021). Nature-based playscapes: Child interactions with nature and shade. Urban Climate Research Center Annual Poster Event (Arizona State University). Virtual. [Status: Accepted] [Not Refereed]
18. Wilson, K., Justesen, A., Vanos, J., & **Ross, A.** (2021). Influence of nature-based schoolyard redesign on student health: Physical activity preliminary results. Institute for Social Science Research Graduate Student Poster Competition (Arizona State University). Virtual. [Status: Accepted] [Not Refereed]
17. Wilson, K.*, **Ross, A.**, Ramella, K. (2021). Using Activity-Based Learning to Boost Social and Emotional Health. Society of Health and Physical Educators (SHAPE America) National Convention. New Orleans, LA. [Status: Accepted] [Refereed]
16. Wilson, K.*, **Ross, A.**, Ramella, K. (2021). School connectedness: Recreation as a contributing factor. American Public Health Association Annual Meeting. Virtual [Status: Presented] [Refereed]
15. **Ross, A.**, Ramella, K. (2021). Therapeutic and Inclusive Recreation Programming in Schools. College of Health Solutions Research Day. Virtual. [Status: Presented] [Not Refereed]
14. **Ross, A.**, Prochnow, T.*, 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. [Status: Presented] [Refereed]
13. **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. [Status: Presented] [Refereed]
12. Cianci, K.*, **Ross, A.**, Ramella, K. (2021). Therapeutic & inclusive recreation program in Arizona schools. Submitted for poster presentation at The Academy of Leisure Sciences Annual Conference on Research and Teaching. Virtual. [Status: Presented] [Refereed]

11. **Ross, A.**, Godwyll, J.*, Searle, M. (2020). Walking mediates perceptions of the neighborhood environment and individual flourishing. Active Living Conference. Orlando, FL. [Status: Presented] [Refereed]
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] [Refereed]
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. [Status: Presented] [Refereed]
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. [Status: Presented] [Refereed]
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. [Status: Presented] [Refereed]
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. [Status: Presented] [Refereed]
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. [Status: Presented] [Refereed]
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. [Status: Presented] [Refereed]
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. [Status: Presented] [Refereed]
2. **Ross, A.** (2015). A social ecological model of active transportation to school. American Public Health Association National Convention, Chicago, IL. [Status: Presented] [Refereed]
1. **Ross, A.** (2013). Understanding active transportation to school: A new model. American Alliance for Health, Physical Education & Recreation National Convention, Charlotte, NC. [Status: Presented] [Refereed]

Non-Refereed Publications:

16. Kulinna, P.H., **Ross, A.**, Acri, C.*, Wilson, K.*, Schulke, M.*, Dennis, W.*, Acosta Huerta, M.*, YoussefArafat, M.* (2021). Improving safety and increasing walking and biking to schools in Phoenix: A case study of the Osborn Community Coalition. Prepared for the Arizona Cardinals Charities, Phoenix, AZ.
15. 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/uploads/2021/advocacy/position-statements/Physical-Activity-Should-Not-Be-Used-as-Punishment-and-or-Behavior-Management.pdf>
14. Wilson, K.* **Ross, A.** (2021). *Whole Child Education – Body, Mind, Heart, and Spirit: 2021 Report*. Prepared for Paideia Academy, Phoenix, AZ.
13. 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/>.

12. 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.
11. 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.
10. Wilson, K.* **Ross, A.** (2020). *Physical, social, and emotional health at Paideia Academy: 2020*. Prepared for Paideia Academy, Phoenix, AZ.
9. **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.
8. **Ross, A.** (2019). *Active transportation to school: Building healthy communities through walking and biking*. Green Living Magazine, www.greenlivingaz.com.
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, Maricopa, AZ.
1. **Ross, A.** & Rodríguez, A. (2013). *Executive report: City of Benson Parks & Recreation*. Prepared for Benson Parks Department, Benson, AZ.

Invited Talks:

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.

Other Dissemination Activities:

5. SHAPE America Physical Activity Council Twitter slow chat (monthly 2020).
Co-lead monthly twitter chats using #SHAPEPA tag to discuss physical activity promotion with 27,000+ @SHAPE_America Twitter followers
4. SHAPE America Physical Activity Council Wellness Series (weekly 2020).
Participate, promote, and co-develop weekly virtual physical activity sessions for 60 educators aimed at teacher wellness during COVID-19 pandemic
3. SHAPE America Mind & Body Calendars (monthly 2020-2021)
Create monthly calendars with daily physical activities targeting elementary and secondary health and physical educators distributed to all SHAPE America members
2. 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.
1. Paulson, L., **Ross, A.** (April 2021). Physical Activity and Physical Education Advocacy. SHAPE America National Convention Coffee Talk.

Grants:

Current Funded:

8. **Ross, A. (PI)**. Sport, Health, and Academic Success. Champion Schools – ESSER grant. Total \$108,286. January 2022-June 2024.
A repeated intervention to measure the effect of sport-based programming on health and academic outcomes.
7. **Ross, A. (PI)**, Kulinna, P.H., Ohri-Vachaspati, P., Bai, Y. Impact of Recess Duration and Frequency on Children’s Physical Activity: A Pilot Study. College of Health Solutions JumpStart Grant. Arizona State University. Total \$19,895. December 2021-December 2022.
A pilot study to determine the impact of recess frequency and duration on children’s physical activity.
6. Kulinna, P.H., **Ross (Co-PI)**. Impact of AZ Recess Law SB1083 on Elementary School Children’s Physical Activity and Sedentary Behavior. Institute for Social Science Research. Arizona State University. Total \$7,948. September 2021-September 2022.
A pilot study to measure children’s physical activity at recess in two lower-income and two higher-income schools.
5. Vanos, J., **Ross, A.** (Co-PI), Coseo, P., Cheng, C., Winsor, B., Garrison, V. Revitalizing and Reimagining Outdoor Play and Learning Environments. Healthy Urban Environments (HUE). Total \$24,125. May 2021-May 2022.
A longitudinal study of the effect of a nature-based playground redesign on children’s health.
4. Kulinna, P., **Ross, A.** (M-PI), van der Mars, H. The State of the State: A Representative Survey of Physical Activity Opportunities in Arizona Schools. Mary Lou Fulton Teachers College Seed Grant. Arizona State University. Total \$10,082. May 2021-May 2022.
A statewide survey with random site visits to collect data on availability of physical activity opportunities, including recess, at school.

3. **Ross, A.** (Co-PI), Vanos, J. A Pilot Study Examining a Nature-Based Playground Intervention on Children’s Physical Activity and Heat Exposure. Institute for Social Science Research. Arizona State University. Total \$7,984. March 2021-March 2022.
A longitudinal study of the effect of a nature-based playground redesign on children’s health.
2. **Ross, A.** (Co-PI), Hodges-Kulinna, P. Increasing Walking and Biking to School in Phoenix: A Win for Children’s Health. Arizona Cardinals Charities. Total \$8,378. January 2021-January 2022.
A community-based research project in partnership with the City of Phoenix to promote solutions to barriers to active school travel.
1. Zanin, A., **Ross, A.** (Co-PI), Lopez, V. Developing an Empowerment Pipeline: How a Coaching Internship Course Could Empower a Community through Girls’ Youth Sport. ASU Global Sport Institute. Arizona State University. Total \$15,000. January 2020 (extension through July 2022).
Development of ASU internship course in partnership with local youth sport organizations serving girls in under-resourced communities.

Under Consideration:

4. Kulinna, P. & **Ross, A.** (Co-PI). Learning after hours: Taking social and emotional learning beyond the classroom with physical activity. Arizona Department of Education. Total \$2,792,047. December 2021.
3. **Ross, A.** Implementation and effectiveness of Arizona recess law SB1083 on children’s physical activity. Extramural loan repayment program for research in emerging areas critical to human health (LRP-REACH). National Institutes of Health. Total \$50,000. November 2021.
2. **Ross, A.** (Co-PI), Kulinna, P., van der Mars, H. Improving Children’s Health in Arizona: Development of a Physical Activity Surveillance System for School Health. Arizona Department of Education. Total \$561,908. April 2021.
1. Zanin, A., Lopez, V., **Ross, A.** (Co-PI). Phase II: Testing the Efficacy of Empowerment Coaching Curriculum. ASU Global Sport Institute. Total \$20,000. April 2020.

Previously Funded:

11. Ramella, K., **Ross, A.** (Co-I). Therapeutic and inclusive recreation programming in an Arizona elementary school. Arizona Developmental Disabilities Planning Council. Total \$120,000. July 2020-June 2021.
Implementation and evaluation of an inclusive recreation intervention at an elementary school.
10. **Ross, A.** (PI), LaJeunesse, S. Culture of Active Transportation to School (CATS). Institute for Social Science Research. Arizona State University. Total \$8,000. January 2020-January 2021.
Development and validation of observational assessment tool to measure the school culture of walking and biking to school
9. **Ross, A.** (PI). [not completed due to COVID-19 pandemic]. Sport and the body. ASU Global Sport Institute. Total \$15,000. January 2020.
A sport intervention on flow state among adult exercisers

8. Wilson, K., **Ross, A.** (Co-PI). [not completed due to COVID-19 pandemic]. Using an Activist Approach in Physical Education: An Experiment with Music. ASU Global Sport Institute. Total \$20,000. September 2020.
7. Wilson, K.*, **Ross, A.** (Co-PI). Sport and the body. ASU Global Sport Institute. Total \$15,000. January 2020-January 2021.
A youth participatory action project involving girls and sport
6. Ramella, K., **Ross, A.** (Co-PI), Barnard, W. Therapeutic and inclusive recreation programming in Arizona schools. Arizona Developmental Disabilities Planning Council. Total \$240,000. July 2019-June 2020.
Pilot of a therapeutic and inclusive recreation intervention at two elementary schools
5. **Ross, A.** (PI), LaJeunesse, S., Kulinna, P, Herrera, M., Vogt, C. Institute for Social Science Research. Arizona State University. Total \$7,752. April 2019-June 2020.
A survey of associations between active transportation to school and sense of community among parents of students at eight elementary schools
4. Legg, E., **Ross, A.** (Co-I). Watts College of Public Service & Community Solutions Internal Grant. Arizona State University. Total \$7,000. February 2019-June 2020.
Write it Out: Examining expressive writing techniques for youth sport parents
3. **Ross, A.** (PI). Race and sport around the globe. ASU Global Sport Institute. Total \$19,000. January 2019-January 2020.
A matched control study investigating the impact of a comprehensive sports-centric approach to learning on motivation, physical activity, body image, and empowerment
2. **Ross, A.** (PI), Jordan, E., Vogt, C., Kulinna, P, Herrera, M. College of Public Service & Community Solutions Internal Grant. Arizona State University. Total \$5,000. December 2018-December 2019.
A regional analysis of active transportation trends in the Phoenix Metro: 2007-2018
1. **Ross, A.** (PI). Sport 2036. ASU Global Sport Institute. Total \$18,500. January 2018-January 2019.
A mixed method study investigating the impact of a comprehensive sports-centric approach to learning on motivation, school climate, and sense of community

Unfunded:

15. **Ross, A.** (PI), Kulinna, P., Ohri-Vachaspati, P., Burns, R., Bai, Y. Implementation and Impact of Arizona Recess Law SB1083 on Children's Physical Activity and Sedentary Behavior: A Longitudinal Cohort Study. NIH/NICHD. Total \$3,735,643. July 2021.
14. **Ross, A.** (PI), Buman, M. 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. ASU Southwest Interdisciplinary Research Center (SIRC). Total \$50,000. December 2020.
13. **Ross, A.** (Co-PI), Zanin, A., Lopez, V. An Evidence-Based Youth Coaching Curriculum to Promote Girls' Sport Participation. ASU Women & Philanthropy. Arizona State University. Total \$86,829. September 2020.
12. Hess, A., Coats, C., **Ross, A.** (Co-PI), Vanos, JK. Spencer Foundation. Playing during a pandemic: Viewing Imaginative Life-Worlds during Self-Isolation. Total \$49,999. May 2020.

11. **Ross, A.** (PI), Prochnow, T., Der Ananian, C. Thomas L. McKenzie Research Award. SHAPE America. Total \$2,000. February 2020.
10. Zanin, A., **Ross, A.** (Co-PI), Lopez, V. Developing an Empowerment Pipeline: How a Coaching Internship Course Could Empower a Community through Girls' Youth Sport. ASU Women & Philanthropy. Arizona State University. Total \$100,000. September 2019.
9. Ramella, K., **Ross, A.** (Co-PI). TIRP extension: Recess observation. Institute for Social Science Research. Arizona State University. Total \$8,000. September 2019.
8. **Ross, A.** (PI), Tran, A., Legg, E., Edmeade, J.* Exploring parent-child communication to and from youth sporting events. ASU Global Sport Institute. Total \$20,000. September 2019.
7. **Ross, A.** (PI), Legg, E., Buman, M., Lopez, V., van der Mars, H., Bruening, M., Brooks, S. Youth Engagement in Sports. United States Department of Health and Human Services, Office of Minority Health. Total \$734,339.00. May 2019.
6. Ramella, K., **Ross, A.** (Co-PI), Faculty Collaborative Curriculum Grant. Arizona State University. Total \$5,000. February 2019.
4. **Ross, A.** (PI), Jordan, E., Vogt, C., Kulinna, P, Boone, M. Institute for Social Science Research. Arizona State University. Total \$8,000. September 2018.
3. **Ross, A.** (PI), Legg, E. Existing Program Evaluation. Brady Education Foundation. Total \$76,477. July 2018.
2. **Ross, A.** (PI), Jordan, E., Vogt, C., Kulinna, P., Joshua, S., Kulinna, M. Evidence for Action. Robert Wood Johnson Foundation. Total \$365,000. May 2018.
2. **Ross, A.** (PI), Jordan, E., Vogt, C., Kulinna, P. College of Public Service & Community Solutions Internal Grant. Arizona State University. Total \$30,000. March 2018.
1. **Ross, A.** (PI). New Connections: Increasing Diversity of RWJF Programming. Robert Wood Johnson Foundation. Total \$50,000. May 2017

TEACHING

Course	Title	Enrollment	Term	Modality	Student Rating
EXW 101 ¹	Foundations in Exercise & Wellness	61	Spr 2022	Online	
EXW 101 ¹	Foundations in Exercise & Wellness	52	Fall 2021	Online	
EXW 101 ¹	Foundations in Exercise & Wellness	55	Sum 2021	Online	4.6 ¹
EXW 101 ¹	Foundations in Exercise & Wellness	61	Spr 2021	Online	4.6 ¹
EXW 101 ¹	Foundations in Exercise & Wellness	61	Fall 2020	Online	N/A
EXW 101 ¹	Foundations in Exercise & Wellness	61	Fall 2020	Online	4.2 ¹
PRM 120 ²	Leisure and Quality of Life	97	Spr 2020	In person	1.4 ²
PRM 120 ²	Leisure and Quality of Life	45	Fall, 2019	In person	1.1 ²
PRM 120 ²	Leisure and Quality of Life	20	Spr 2019	In person	1.3 ²
PRM 120 ²	Leisure and Quality of Life	32	Fall 2018	In person	1.3 ²
PRM 120 ²	Leisure and Quality of Life	50	Fall 2018	Online	1.3 ²
EXW 325 ¹	Fitness for Life	50	Spr 2018	Online	4.4 ¹
KIN 290 ¹	Evidence Based Practice	25	Spr 2018	In person	4.6 ¹
REC 120 ³	Leisure and Quality of Life	23	Fall 2016	Hybrid	N/A
EXS 101 ³	Introduction to Kinesiology	17	Fall 2016	In person	N/A
EED 425 ⁴	Classroom Health & Physical Education	26	Spr 2015	Online	9.6 ⁴
HES 154 ³	CPR & First Aid	12	Spr 2015	In person	N/A
HLTH 500 ⁴	Health and Nutrition for Educators	14	Spr 2015	Online	10.0 ⁴
REC 120 ³	Leisure and Quality of Life	24	Spr 2015	In person	N/A
EED 425 ⁴	Classroom Health & Physical Education	23	Fall 2015	Online	9.8 ⁴
HES 154 ³	CPR & First Aid	8	Fall 2015	In person	N/A
HLTH 500 ⁴	Health and Nutrition for Educators	14	Fall 2015	Online	10.0 ⁴
REC 120 ³	Leisure and Quality of Life	24	Fall 2015	In person	N/A
EED 425 ⁴	Classroom Health & Physical Education	22	Spr 2014	Online	10.0 ⁴
HES 154 ³	CPR & First Aid	6	Spr 2014	In person	N/A

HLTH 500 ⁴	Health and Nutrition for Educators	14	Spr 2014	Online	10.0 ⁴
REC 120 ³	Leisure and Quality of Life	25	Spr 2014	In person	N/A
EED 425 ⁴	Classroom Health & Physical Education	19	Fall 2014	Online	9.6 ⁴
HES 154 ³	CPR & First Aid	5	Fall 2014	In person	N/A
REC 120 ³	Leisure and Quality of Life	24	Fall 2014	In person	N/A
EED 425 ⁴	Classroom Health & Physical Education	22	Spr 2013	Online	9.7 ⁴
HES 154 ³	CPR & First Aid	6	Spr 2013	In person	N/A
PRM 120 ²	Leisure and Quality of Life	78	Spr 2013	In person	1.4 ²
REC 120 ³	Leisure and Quality of Life	24	Spr 2013	Hybrid	N/A
EED 425 ⁴	Classroom Health & Physical Education	25	Fall 2013	Online	9.8 ⁴
HES 154 ³	CPR & First Aid	6	Fall 2013	In person	N/A
PRM 120 ¹	Leisure and Quality of Life	128	Fall 2013	In person	1.4 ²
REC 120 ³	Leisure and Quality of Life	24	Fall 2013	Hybrid	N/A
EED 425 ⁴	Classroom Health & Physical Education	25	Spr 2012	Online	9.6 ⁴
ECH 526 ⁴	Methods of Teaching in Early Childhood: PE	18	Spr 2012	Online	9.4 ⁴
HES 154 ³	CPR & First Aid	7	Spr 2012	In person	N/A
REC 120 ³	Leisure and Quality of Life	25	Spr 2012	In person	N/A
EED 425 ⁴	Classroom Health & Physical Education	25	Fall 2012	Online	9.2 ⁴
MTE 551 ⁴	Curriculum Constructs & Assess: PE	22	Fall 2012	Online	9.4 ⁴
MTE 560 ⁴	Curriculum Constructs & Assess: Hlth Sci	19	Fall 2012	Online	9.5 ⁴
REC 120 ³	Leisure and Quality of Life	25	Fall 2012	In person	N/A
EED 425 ³	Classroom Health & Physical Education	21	Spr 2011	Online	9.4 ⁴
REC 120 ³	Leisure and Quality of Life	25	Spr 2011	In person	N/A
EED 425 ⁴	Classroom Health & Physical Education	18	Fall 2011	Online	9.4 ⁴

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 South Mountain Community College: not available

⁴ University of Phoenix: 10-point scale where 1 = lowest, 10 = highest

STUDENT MENTORSHIP

- PhD
 - Dissertation Committee Chair
 - Two students (CHS), 2020-present
 - Dissertation Committee Member
 - One student (MLFTC), graduated Spring 2021
 - GSA Advisor
 - Four students (Engineering, Watts – Community Development), 2018-present

- Master's
 - Applied Project Chair
 - One student (CHS – PAH), 2021-present
 - Thesis Committee Member
 - One student (Watts – Community Sports), graduated Spring 2021
 - GSA Co-Advisor
 - Two students (MLFTC – PE, Watts - Community Development), 2018-present
 - TA Advisor
 - One student (CHS – PAH), Fall 2020-present

- Undergraduate
 - Peer Instructional Facilitator (CHS 394/494)
 - Three students (CHS – Clinical Exercise Science, CHS – Health Sciences), Fall 2020-2021
 - Honors College Project Advisor
 - Four students (Urban Planning, Psychology, Watts-Recreation Management, CHS-Kinesiology), Spring 2018-present
 - Honors College Thesis Co-Chair
 - One student (School of Sustainability), expected graduation Fall 2022
 - Honors College Thesis Committee Member
 - Two students (CHS – Medical Studies), 2020-present
 - Research Fellowship Program Advisor
 - Four students (Watts – Community Sports, Watts – Nonprofit Management, WP Carey – Business, CISA – Biology), 2020-present

- Mentorship courses taught
 - EXW 780 – one student, S22
 - EXW 692 – four students, F20, Spr21, F21, S22
 - PUP 499 – two students, F21, Spr22
 - EXW 593 – one student, S22

COURSES DEVELOPED

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

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

- Physical Activity in Public Health Fellow (2021)
- Arizona Parks and Recreation Fellowship (2012)
- Fidelity Investments Teacher of Recognition, Southern CA (2008)
- NASPE Outstanding Major of the Year (2001)
- MAHPERD Outstanding Major Award (2000)
- Eric Palmer Award, Springfield College (2000)

SERVICE & MEMBERSHIP

University Service & Committees

University

- Global Sport Institute Scholar (2018-present)
- Institute for Social Science Research Affiliate Faculty (2020-present)
 - Graduate student poster reviewer (quarterly, 2020-present)
- Barrett Honors College Faculty (2021)

College

- College of Health Solutions, Ad Hoc Personnel Committee (2021-2024)
- School of Community Resources & Development, Undergraduate Standards & Appeals (2019-2020)
- Teaching Excellence Award Reviewer - ASU Graduate & Student Professional Organization (2012-2015)

Service to Profession

- Council Member, SHAPE America Physical Activity Council (2019-2022)
- Member, Data Action Team, Arizona School Health and Wellness Coalition (2021-present)
- Reviewer, Conference Abstracts (2019-present)
 - APHA National Annual Meeting, SHAPE America National Convention
- Journal Ad Hoc Reviewer
 - BMC Public Health, Health, Wellness, & Society Research Network, International Journal of Environmental Research and Public Health, International Journal of

Sustainable Transportation, Journal of Park and Recreation Administration, Journal of Physical Education, Recreation, and Dance (JOPERD), Journal of Planning Literature, Journal of Sport and Health Science, Journal of Transport & Health, Sustainability, Travel Behaviour and Society

- Professional Memberships
 - American Academy of Health Behavior, American Heart Association, American Public Health Association, Arizona Health and Physical Education, International Society for Physical Activity and Health, Society of Health and Physical Educators

RELEVANT PROFESSIONAL EXPERIENCE

Research Analyst Maricopa Community Colleges (AZ)

2012-2013

- Designed survey instruments, collected and analyzed data, developed technical reports, and presented research findings at college and community events for the Mesa Counts on College program – an initiative to improve retention and academic success

Research Consultant Department of Recreation, City of Benson (AZ)

2012-2013

- Assisted in survey instrument development and distribution, analyzed data, provided technical report on quality of recreation services, and provided recommendations

Research Consultant Department of Transportation, City of Maricopa (AZ)

2014-2015

- Designed and administered survey instrument to measure attitudes and behaviors related to active transportation to school; Collected and analyzed data, provided technical report

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

2008-2011

- Department chair and HPE teacher for students in grades K–5 and 9-12; Head Coach - Varsity Golf; Assistant Coach – Varsity Softball

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

2003-2008

- PE teacher for students in grades 4-6; Head Coach – Laguna Beach HS Varsity Softball

Park Director Recreation Department; Swampscott (MA); Gilbert (AZ)

1995-2008

- Supervised park leaders, coordinated with recreation staff to deliver youth programming

Graduate Associate Office of Educator Preparation & Licensure; Springfield College (MA)

2001-2003

- Assisted with programming and assessment for preservice teachers