

Allison Poulos, Ph.D.

*used Allison Ross through 2021

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EDUCATION

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

ACADEMIC EXPERIENCE

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

RESEARCH

Research Interests

Community-based methods; policies and environments impacting health; school-based physical activity; implementation science

Publications (published under Ross from 2018-2021)

*denotes student co-author

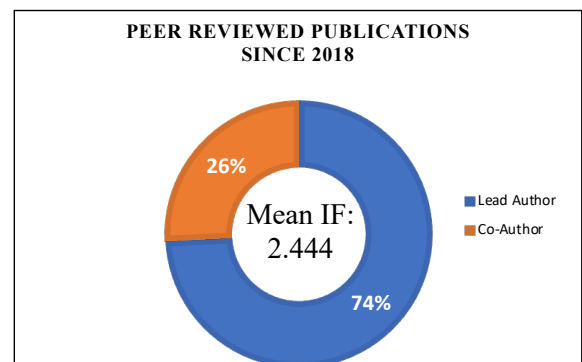
+denotes corresponding/senior/lead author

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:

31. **Poulos, A.+**, Wilson, K.*, Schulke, M.*, Nam, K.*, Bai, Y., Ohri-Vachaspati, P., Hodges Kulinna, P. 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). doi.org/10.1186/s12889-023-17605-4 [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 [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*. doi.org/10.1080/14927713.2023.2224364 [IF: 0.922, Q3]
28. Nam, K.*, Wilson, K.*, Schulke, M.*, Hodges Kulinna, **Poulos, A.+** (2023). The relationship between policy strength and physical activity practices in Arizona public elementary schools. *Journal of Physical Activity and Health*, 20(7), 616-624. doi.org/10.1123/jpah.2022-0576 [IF: 2.592, #C: 0, 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 [IF: 1.845, #C: 3, Q1]
26. Kahan, D., **Poulos, A.** (2023). Models of school recess for combatting overweight in the United States. *Preventive Medicine Reports*, 31(102081). doi.org/10.1016/j.pmedr.2022.102081 [IF: 2.663, #C: 0, 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*. doi.org/10.1093/her/cyac041 [IF: 2.116, #C: 0, Q2]
24. **Poulos, A.**, Wilson, K.*, Lanza, K., Vanos, J. (2022). A direct observation tool to measure interactions between shade, nature, and children's physical activity: SOPLAY-SN. *International Journal of Behavioral Nutrition and Physical Activity*, 19, 127. doi.org/10.1186/s12966-022-01355-4 [IF: 6.457, #C: 3, Q1]
23. Wilson, K.*, Schmidt, A.*, Hess, A., Vanos, J., **Ross, A.** (2022). Shifts in physical activity, sedentary behavior, and play among lower-socioeconomic students during the COVID-19 pandemic: A repeated cross-sectional study. *American Journal of Health Promotion*, 36(8), 1335-1338. doi.org/10.1177/2F08901171221091234 [IF: 2.956, #C: 0, Q1]
22. Wilson, K.*, Ramella, K., **Poulos, A.** (2022). Building school connectedness through structured recreation during school: A concurrent mixed-methods study. *Journal of School Health*, 92(10), 1013-1021. doi.org/10.1111/josh.13222 [IF: 1.673, #C: 2, Q1]
21. **Poulos, A.**, Kulinna, P. (2022). A cluster randomized controlled trial of an after-school playground curriculum intervention to improve children's physical, social, and emotional health: Study protocol for the PLAYground project. *BMC Public Health*, 22(1), 1658. doi.org/10.1186/s12889-022-13991-3 [IF: 3.295, #C: 2, Q1]
20. **Ross, A.**, Kurka, J. (2021). Predictors of active transportation among Safe Routes to School participants in Arizona: Impacts of distance and income. *Journal of School Health*, 92(3), 282-292. doi.org/10.1111/josh.13125 [IF: 1.673, #C: 4, Q1]
19. **Ross, A.**, Edmeade, J.*, Prochnow, T. (2021). Effectiveness of disseminating school physical activity information through Facebook during a pandemic: A mixed method analysis. *Journal of School Health*, 91(11), 959-966. doi.org/10.1111/josh.13083 [IF: 1.673, #C: 4, Q1]
18. **Ross, A.**, Wilson, K.* (2021). The power of the neighborhood: Perceived normative behaviors moderate individual predictors of walking and biking to school. *Journal of Transport and Health*, 22 (101236). doi.org/10.1016/j.jth.2021.101236 [IF: 2.796, #C: 3, Q1]
17. **Ross, A.**, Godwyll, J.*, Searle, M. (2021). Walking mediates perceptions of the neighborhood environment and individual flourishing. *Wellbeing, Space and Society*, 2(100014). doi.org/10.1016/j.wss.2020.100014 [IF: N/A (new journal in 2020, #C: 2, Q2)]
16. **Ross, A.**, Legg, E., Wilson, K.* (2021). The influence of peer and coach relationships in after-school sports on indicators of school climate. *Health Education Journal*, 80(4), 487-497. doi.org/10.1177/0017896920988750 [IF: 1.008, #C: 1=4, Q2]
15. **Ross, A.**, Wilson, K.*, Ramella, K. (2021). Teacher and staff perceptions of inclusive recreation: A mixed method overview in Arizona. *Research Quarterly for Exercise and Sport*, 92(Suppl.A22-A23). doi.org/10.1080/02701367.2021.1898200 [IF: 1.883, #C: 0, Q2]
14. **Ross, A.**, Searle, M. (2020). Conceptualization and validation of the Neighborhood Cohesion Index using exploratory structural equation modeling. *Community Development Journal*. doi.org/10.1093/cdj/bsaa007 [IF: 0.547, #C: 6, 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.org/10.3390/ijerph17217856 [IF: 2.849, #C: 5, 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: 6, 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: 3, 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: 7, 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: 23, 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: 13, Q2]
7. **Ross, A.+,** Searle, M. (2019) Age related differences in neighborhood sense of community: Impacts of the neighborhood environment and leisure time physical activity. *International Journal of Community Well-Being*, 2(1), 1-19. [doi:10.1007/s42413-019-00018-w](https://doi.org/10.1007/s42413-019-00018-w) [IF: N/A (new journal in 2019), #C: 10]
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: 10, 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: 14]
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: 37, 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: 44, 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: 25, Q1]
1. **Ross, A.+,** Rodríguez, A., Searle, M. (2017). Associations between the physical, socio-cultural, and safety environments and active transportation to school. *American Journal of Health Education*, 48(3). [doi:10.1080/19325037.2017.1292877](https://doi.org/10.1080/19325037.2017.1292877) [IF: 1.211, #C: 29, Q3]

Manuscripts In Press:

1. Schulke, M.*, Wilson, K. *, Ramella, K., Hodges Kulinna, P., **Poulos, A.+** A gap in perceived accessibility to play spaces for physical activity in Arizona elementary schools. *Disability & Health Journal*. [IF: 4.122, Q1]

Manuscripts Under Review:

3. **Poulos, A.+,** Wei, M., Schulke, M.*, Wilson, K.*, Hodges Kulinna, P. Potential implementation strategies to facilitate recess in elementary schools. *Translational Behavioral Medicine*. [IF: 3.207, Q1]
2. Schulke, M.*, Robinson, A. *, **Poulos, A.+** Impact of Yoga and Mindfulness Programming on Selective Attention in Female Middle School Students. *Advances in Mind Body Medicine*. [IF: 0.348; Q3]

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.

Conference Presentations [Presented and Refereed unless otherwise indicated]:

First author = Presenting author

Podium:

29. Hassan U.* , Oyeyemi A., Wilson, K.* , Kulinna P.H., **Poulos, A.** (May 2024). Association between physical activity and sleep duration among elementary school children in after-school programs. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.
28. 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.
27. **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.
26. 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.
25. 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.
24. 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
23. 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.
22. Kulinna, P.H., Albaloul, O.* , Wilson, K.* , **Poulos, A.**, Nam, K.* , Schulke, M.* , Min, H.* , Liu, D., Wei, M., Perlman, D. (May 2024). Evaluation of the impact of the PlayOn! curriculum on students' physical activity in after-school programs. AIESEP Association International Congress (Internationale des Ecoles Supérieures d'Education Physique - International Association for Physical Education in Higher Education). University of Jyväskylä, Jyväskylä, Finland. [Status: Submitted].
21. Kulinna, P. H., Wilson, K.* , Schulke, M.* , Nam, K.* , Min, H.* Albaloul, O.* , **Poulos, A.** (May 2024). Arizona's (USA) recess law: Factors related to adoption over time. AIESEP Association International Congress (Internationale des Ecoles Supérieures d'Education Physique - International Association for Physical Education in Higher Education). University of Jyväskylä, Jyväskylä, Finland. [Status: Submitted].
20. 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.
19. Min, H.* , Wei, M., Albaloul, O.* , Kulinna, P. H., **Poulos, A.** (March 2024). Staff perceptions of the

- implementation of an after-school playground curriculum intervention. Society of Health and Physical Educators (SHAPE) America, Cleveland, OH. [Status: Accepted].
18. **Poulos, A.**, Kulinna, P.H., Simonton, K., Wei, M., Schulke, M.*, Nam, K.*, Min, H.*, Albaloul, O.*, Wilson, K.*, & Liu, D. (March 2024). Development of a social-emotional learning survey instrument for afterschool settings. Society of Health and Physical Educators (SHAPE America), Cleveland, OH. [Status: Accepted].
 17. 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. [Status: Accepted].
 16. **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.
 15. 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.
 14. 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.
 13. Schulke, M.*, Nam, K.*, Wilson, K.*, Kulinna, P., **Poulos, A.** (March 2023). Policies predicting physical education practices in elementary schools. Society of Health and Physical Educators (SHAPE America) National Convention, Seattle, WA.
 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 [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.
 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. 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.
34. Wei, M., Schulke, K.*, Kulinna, P. H. & **Poulos, A.** (March 2024). Student's willingness to intervene in bullying in after-school programs. Society of Health and Physical Educators (SHAPE) America, Cleveland, OH. [Status: Accepted].
33. Schulke, M.*, Wolfe, A.*, Wilson, K.*, Nam, K.*, Hodges Kulinna, P., **Poulos, A.** (March 2024). What's going on with physical activity during recess after lunch? Society of Health and Physical Educators Conference (SHAPE America), Cleveland, OH. [Status: Accepted].
32. 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.
31. 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.

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. [Non-Refereed]
 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. College of Health Solutions Research Day. (2021). Virtual. [Status: Presented [Not Refereed]
15. The Academy of Leisure Sciences Annual Conference on Research and Teaching. (2021). Virtual.
14. Prochnow, T., **Ross, A.**, Edmeade, J.* (2021). Examining the Use of a Facebook Group to Share School Physical Activity Information During the 2020 COVID-19 Pandemic. 21st Annual Scientific Meeting of the American Academy of Health Behavior. Virtual.
13. **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.
12. **Ross, A.**, Godwyll, J.* , Searle, M. (2020). Walking mediates perceptions of the neighborhood environment and individual flourishing. Active Living Conference. Orlando, FL.
11. **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]
10. 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.
9. **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.
8. **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.
7. **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.
6. **Ross, A.**, Rodriguez, 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.
5. **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.
4. Talmage, C.A., **Ross, A.**, Pstross, M., Searle, M., Knopf, R. C., Wilson, K.* (2017). The Social and Cognitive Empowerment of Older Adult Women: An Analysis of a University-Based Lifelong Learning Community. Annual International Conference of the Community Development Society. Big

Sky, MT.

2. **Ross, A.** (2015). A social ecological model of active transportation to school. American Public Health Association National Convention, Chicago, IL.
1. **Ross, A.** (2013). Understanding active transportation to school: A new model. American Alliance for Health, Physical Education & Recreation National Convention, Charlotte, NC.

Invited Talks:

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.,** Hodges-Kulinna, P. (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 (Non-Refereed) Publications:

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. 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.
14. Society of Health and Physical Educators. (2021). *Physical activity as punishment and/or behavior management* [Position statement]. Reston, VA: SHAPE America.
<https://www.shapeamerica.org/Common/Uploaded%20files//uploads/2021/advocacy/position-statements/Physical-Activity-Should-Not-Be-Used-as-Punishment-and-or-Behavior-Management.pdf>
13. Wilson, K.* **Ross, A.** (2021). *Whole Child Education – Body, Mind, Heart, and Spirit: 2021 Report*. Prepared for Paideia Academy, Phoenix, AZ.

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

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.

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| <p>Current active grant funding: \$293,816</p> <p>Previous funding awarded (2019-2022): \$2,413,570</p> <p>Grant applications under review: \$479,343</p> |
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Grants:**Current Funded:**

6. **Poulos, A. (Co-PI)**, Kulinna, P.H. Improving reading literacy and math through small group tutoring. Arizona Department of Education. Total \$129,000. 10/2023-09/2024.
Role(s): Developed concept Research design Mentor
An experiment comparing active tutoring to standard tutoring on children's physical activity and academic achievement.

5. Kulinna, P.H., **Poulos, A. (Co-PI)**. Promoting student health and learning and staff health and retention in elementary schools: An extension of the PLAYground project. Arizona Office of the Governor. Total \$101,541. 07/2023-06/2024.
Role(s): Developed concept Research design Mentor

4. **Poulos, A. (PI)**. Two school-based physical activity interventions: The impact of an after-school curriculum and policy intervention on children's health. Extramural Loan Repayment Program for Clinical Researchers (NOT-OD-22-148). NIH/NCI. Total \$29,956. 08/2023-08/2025.
Role(s): Developed concept Research design Mentor
A two-year assessment of two school-based physical activity interventions.

3. **Poulos, A. (Co-PI)**, Coseo, P., Cheng, C., Vanos, J. Community Collaboration to Improve a School Shared Use Path: Impact of Environmental Changes on Usage. ASU The Design School Grant. Total \$10,000. 06/2023-05/2024.
Role(s): Developed concept Research design Mentor
A one-year case study using community co-design of a shared use path to assess path usage and physical activity.

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. 01/2021-12/2023.
Role(s): Developed concept Research design Mentor
A community-based research project in partnership with the City of Phoenix to promote solutions to barriers to active school travel.

1. Kulinna, P.H., **Poulos, A. (Co-PI)**. The impact of education and supervision on recess implementation and children's physical activity in Arizona elementary schools: A mixed methods pilot study. Mary Lou Fulton Teachers College Seed Grant. Arizona State University. Total \$14,941. April 2023.
Role(s): Developed concept Research design Mentor

Under Consideration:

4. **Poulos, A. (PI)**, Vanos, J., Middel, A. Supporting recess in the heat: A case study of six Arizona elementary schools. College of Health Solutions Pilot Grant for Heat and Health. Arizona State University. Total \$49,910. 01/2024-01/2025.
Role(s): Developed concept Research design Mentor
A mixed method case study to assess the implementation and health impact of recess during extreme heat in six Arizona elementary schools.

3. **Poulos, A. (PI)**, Canteme, L., Mendoza, N. Preventing adolescence substance abuse through physical activity in schools. Substance Use and Translational Research Network at ASU (SATRN) Seed Grant. Total \$22,370. 01/2024-01/2025.
Role(s): Developed concept Research design Mentor
A quasi-experimental study to adapt a physical activity substance use intervention in school settings and assess its preliminary effectiveness on improving movement and intent to use among adolescents.
2. **Poulos, A. (PI)**, Vanos, J., Kulinna, P. Understanding school recess during extreme heat. Institute for Social Science Research. Arizona State University. Total \$7,313. 12/2023-12/2024.
Role(s): Developed concept Research design Mentor
A cross-sectional study to learn about the impact of extreme heat on school recess.
1. **Poulos, A. (PI)**, Vanos, J., Kulinna, P. Supporting school recess during extreme heat. Robert Wood Johnson Foundation Pioneering Ideas: Exploring the Future to Build a Culture of Health. LOI submitted with potential total \$399,750. September 2023.
Role(s): Developed concept Research design Mentor
A case study to develop guidance and an intervention for schools to offer recess during extreme heat.

Previously Funded:

19. Kulinna, P. & **Poulos, A. (Co-PI)**. Learning after hours: Taking social and emotional learning beyond the classroom with physical activity. United States Department of Education. Total \$1,814,067. 06/2022-09/2023.
Role(s): Developed concept Research design Mentor
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. **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. 12/2021-12/2022.
Role(s): Developed concept Research design Mentor
A pilot study to determine the impact of recess frequency and duration on children's physical activity
17. 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. 12/2021-12/2022.
Role(s): Developed concept Research design Mentor
A pilot study to measure children's physical activity at recess in two lower-income and two higher-income schools
16. 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. 05/2021-12/2022.
Role(s): Developed concept Research design Mentor
A longitudinal study of the effect of a nature-based playground redesign on children's health
15. **Ross, A. (PI)**. Sport, Health, and Academic Success. United States Department of Education, Champion Schools. Total \$40,219. 01/2022-10/2022. [originally funded for \$108,00 across two years but terminated early because school district experienced financial and staffing hardships]

- Role(s): Developed concept Research design Mentor
A repeated quasi-experimental intervention to measure the effect of yoga and mindfulness programming on health and academic outcomes
14. 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. 08/2020-07/2022.
 Role(s): Developed concept Research design Mentor
Development of ASU internship course in partnership with local youth sport organizations serving girls in under-resourced communities
13. 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. 05/2021-05/2022.
 Role(s): Developed concept Research design Mentor
A statewide survey with random site visits to collect data on availability of physical activity opportunities, including recess, at school
12. **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. 03/2021-03/2022.
 Role(s): Developed concept Research design Mentor
A longitudinal study of the effect of a nature-based playground redesign on children's health
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. 07/2020-06/2021.
 Role(s): Developed concept Research design Mentor
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 \$6,998. 01/2020-01/2021.
 Role(s): Developed concept Research design Mentor
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. 01/2020.
 Role(s): Developed concept Research design Mentor
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. 09/2020.
 Role(s): Developed concept Research design Mentor
7. Wilson, K., **Ross, A. (Co-PI)**. Sport and the body. ASU Global Sport Institute. Total \$15,000. 01/2020-01/2021.
 Role(s): Developed concept Research design Mentor

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. 07/2019-06/2020.
Role(s): Developed concept Research design Mentor
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. 04/2019-06/2020.
Role(s): Developed concept Research design Mentor
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. 02/2019-06/2020.
Role(s): Developed concept Research design Mentor
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. 01/2019-01/2020.
Role(s): Developed concept Research design Mentor
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. 12/2018-12/2019.
Role(s): Developed concept Research design Mentor
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. 01/2018-01/2019.
Role(s): Developed concept Research design Mentor
A mixed method study investigating the impact of a comprehensive sports-centric approach to learning on motivation, school climate, and sense of community

Unfunded:

26. **Poulos, A. (PI)**, Kulinna, P., Estabrooks, P., Chen, D, Bai, Y., Carpenter, S., Ohri-Vachaspati, P. Strategies to improve recess policy adoption, implementation, and children's physical activity in Arizona elementary schools. NIH/NCI. Total \$3,754,709. July 2023.
Role(s): Developed concept Research design Mentor
25. **Poulos, A. (PI)**, Adams, M., Hodges Kulinna, P., Green, E., Chen, D. A natural experiment testing the implementation, impact, and cost-benefit of Safe Routes to Schools technical assistance to promote health equity in Phoenix, Arizona. Centers for Disease Control and Prevention. Total \$2,095,803. February 2023.
Role(s): Developed concept Research design Mentor

24. Wilson, K., **Poulos, A. (Co-I)**. Developing a Desert Forest Learning Path in Phoenix-South Mountain. Quadratic Cares ‘Energize the Environment’ Grant Program. Total: \$3,500. June 2022.
Role(s): Developed concept Research design Mentor
23. Wade, N., Riley, W., Adams, M., Domino, M., **Poulos, A. (Co-I)**, Miller, J. MySDG Index: A SDG#3 City KPI template. SDG Impact Fund. Total \$5,000,000. November 2022.
Role(s): Developed concept Research design Mentor
22. **Poulos, A. (PI)**. Using citizen science to promote health equity through Safe Routes to School in Maricopa County, AZ. Maricopa County Department of Public Health. Total \$662,255. March 2023.
Role(s): Developed concept Research design Mentor
21. **Poulos, A., (PI)**, Kulinna, P., Estabrooks, P., Burns, R., Bai, Y., Ohri-Vachaspati, P. The impact of education and funding for playground supervision on recess adoption, implementation, and children’s physical activity in Arizona elementary schools. NIH/NCI. Total \$3,752,431. October 2022.
Role(s): Developed concept Research design Mentor
20. Wilson, K., **Poulos, A. (Co-I/Mentor)**, Kulinna, P. H., & Ohri-Vachaspati, P. Impact of school playground renovations on after-hours usage, physical activity, and neighborhood cohesion: An extension of the PLAYground Project cluster-randomized trial. NCI Predoctoral to Postdoctoral Fellow Transition Award (RFA-CA-22-041: F99/K00 Clinical Trial Not Allowed). National Institutes of Health. Total: \$408,207. November 2022.
Role(s): Developed concept Research design Mentor
19. **Ross, A. (PI)**. 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. August 2022.
Role(s): Developed concept Research design Mentor
18. Wilson, K. (PI), **Poulos, A. (Co-I/Mentor)**. A publicly available, web-based, data management tool for systematic observation. Society of Health and Physical Educators (SHAPE). Total: \$2,000. February 2023.
Role(s): Developed concept Research design Mentor
17. Wilson, K., **Ross, A. (Co-I)**, Schulke, M., Winsor, B., Garrison, V. Developing a Desert Forest Learning Path in Phoenix-South Mountain. State Farm Neighborhood Assist. Total \$25,000. February 2022.
Role(s): Developed concept Research design Mentor
16. **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/NICHHD. Total \$3,735,643. July 2021 [discussed, Impact score: 54].
Role(s): Developed concept Research design Mentor
15. **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.
Role(s): Developed concept Research design Mentor

14. **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.
Role(s): Developed concept Research design Mentor

13. Hess, A., Coats, C., **Ross, A. (Co-I)**, Vanos, JK. Spencer Foundation. Playing during a pandemic: Viewing Imaginative Life-Worlds during Self-Isolation. Total \$49,999. May 2020.
Role(s): Developed concept Research design Mentor

12. Zanin, A., Lopez, V., Ross, A. (**M-PI**). Phase II: Testing the Efficacy of Empowerment Coaching Curriculum. ASU Global Sport Institute. Total \$20,000. April 2020.
Role(s): Developed concept Research design Mentor

11. **Ross, A. (PI)**, Prochnow, T., Der Ananian, C. Thomas L. McKenzie Research Award. SHAPE America. Total \$2,000. February 2020.
Role(s): Developed concept Research design Mentor

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.
Role(s): Developed concept Research design Mentor

9. Ramella, K., **Ross, A. (Co-PI)**. TIRP extension: Recess observation. Institute for Social Science Research. Arizona State University. Total \$8,000. September 2019.
Role(s): Developed concept Research design Mentor

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.
Role(s): Developed concept Research design Mentor

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.
Role(s): Developed concept Research design Mentor

6. Ramella, K., **Ross, A. (Co-PI)**, Faculty Collaborative Curriculum Grant. Arizona State University. Total \$5,000. February 2019.
Role(s): Developed concept Research design Mentor

5. **Ross, A. (PI)**, Jordan, E., Vogt, C., Kulinna, P, Boone, M. Institute for Social Science Research. Arizona State University. Total \$8,000. September 2018.
Role(s): Developed concept Research design Mentor

4. **Ross, A. (PI)**, Legg, E. Existing Program Evaluation. Brady Education Foundation. Total \$76,477. July 2018.
Role(s): Developed concept Research design Mentor

3. **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.
 Role(s): Developed concept Research design Mentor

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.
 Role(s): Developed concept Research design Mentor

1. **Ross, A. (PI)**. New Connections: Increasing Diversity of RWJF Programming. Robert Wood Johnson Foundation. Total \$50,000. May 2018
 Role(s): Developed concept Research design Mentor

TEACHING

| Course | Title | Average Enrollment | # Courses Taught | Term(s) | Modality | Average Rating |
|----------------------|------------------------------------|--------------------|------------------|-------------------------|-----------|-------------------|
| EXW 101 ¹ | Foundations in Exercise & Wellness | 55 | 9 | Fall 2020- Fall 2023 | Online | 4.55 ¹ |
| PRM 120 ² | Leisure and Quality of Life | 95 | 5 | Fall 2018 - Spr 2020 | In person | 1.30 ² |
| EXW 325 ¹ | Fitness for Life | 50 | 1 | Spr 2018 | Online | 4.40 ¹ |
| KIN 290 ¹ | Evidence Based Practice | 25 | 1 | Spr 2018 | In person | 4.60 ¹ |
| REC 120 ³ | Leisure and Quality of Life | 25 | 10 | Spr 2011 - Fall 2016 | Hybrid | N/A |
| EXS 101 ³ | Introduction to Kinesiology | 17 | 1 | Fall 2016 | In person | N/A |
| HES 154 ³ | CPR & First Aid | 12 | 7 | Spr 2012 - Spr 2015 | In person | N/A |

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

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

³ Maricopa Community College system: not available

TRAINING GRANTS**Funded:**

1. Schulke, M., **Poulos, A. (Mentor)**, Nature-based play at school: A youth participatory action research project with children with disabilities. REI Cooperative Action Fund. Total \$9,342. May 2024.

Unfunded:

2. Schulke, M., **Poulos, A. (Co-I/Mentor)**, Kulinna, P. H., & Ringenbach, S. Playground Accessibility in Elementary Schools: The Potential Health Impacts for Children with Physical Disabilities. NICHD Ruth L. Kirschstein National Research Service Award (NRSA) Individual Predoctoral Fellowship (Parent F31) (PA-21-051). Total \$175,077. April 2023.
1. Wilson, K., **Poulos, A. (Co-I/Mentor)**, Kulinna, P. H., & Ohri-Vachaspati, P. Impact of school playground renovations on after-hours usage, physical activity, and neighborhood cohesion: An extension of the PLAYground Project cluster-randomized trial. NCI Predoctoral to Postdoctoral Fellow Transition Award (RFA-CA-22-041: F99/K00 Clinical Trial Not Allowed). National Institutes of Health. Total: \$408,207. November 2022.

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>

PROFESSIONAL DEVELOPMENT**2023**

- ASU Faculty Women’s Association Mentorship Program
- 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
- Mixture Modeling – University of North Carolina, Chapel Hill
- Advanced Analyses for Complex Questions in Behavioral Sciences – appliedanalyses.com

SERVICE

UNIVERSITY AND COLLEGE SERVICE

UNIVERSITY

- Global Sport Institute Scholar (2018-present)
- Institute for Social Science Research Affiliate Faculty (2020-present)
 - Graduate student poster reviewer (quarterly, 2020-present)
 - Seed grant reviewer (2021-present)
- Barrett Honors College Faculty (2021-present)
- Faculty reviewer, Mary Lou Fulton Teachers College PhD applicants (Spring 2021-present)

COLLEGE

- College of Health Solutions, Ad Hoc Personnel Committee (2021-2024)
- College of Health Solutions, Tenure-Track Faculty in D&I Science Search Committee (2023)
- College of Health Solutions, Population Health MS Curriculum Committee (2023)
- College of Health Solutions, Jumpstart Grant Reviewer (2022)
- School of Community Resources & Development, Undergraduate Standards & Appeals (2019-2020)
- Teaching Excellence Award Reviewer - ASU Graduate & Student Professional Organization (2012-2015)

PROFESSIONAL SERVICE

- Member, PE/PA Policy Action Team, Arizona School Health and Wellness Coalition (2021-present)
- Invited Member, PlayCore Scholar Network (2022-present)
- Invited State Level Lead, US Physical Education and Physical Activity Policy/Practices (US-PEPAP) Surveillance Project (2022-present)
- 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-present)
- 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
- 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

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 (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

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

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

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

1995-2008

- Supervised summer recreation staff to deliver youth programming

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

2001-2003

- Assisted with programming and assessment for pre-service teachers