

CURRICULUM VITAE**Zan Gao, Ph.D.**

School of Kinesiology, The University of Minnesota; 207 Cooke Hall, 1900 University Ave. SE, Minneapolis, MN 55455. Phone: 612-626-4639; Fax: 612-626-7700. Email: gaoz@umn.edu Webpage: http://gaozan.umn.edu/	Associate Professor Director Physical Activity Epidemiology Laboratory 310 Williamson Hall; 231 Pillsbury Drive SE Minneapolis, MN 55455 Phone: 612-301-9199; Fax: 612-301-9200 pael@umn.edu
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EDUCATION

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

EMPLOYMENT

University of Minnesota, Twin Cities, MN Director of Physical Activity Epidemiology Laboratory; Associate Professor of Physical Activity and Health; Masonic Cancer Center Member Assistant Professor of Physical Activity and Health School of Kinesiology	2016 - present 2012 - 2016
Texas Tech University, Department of Health, Exercise and Sport Sciences, Lubbock, TX. Assistant Professor of Exercise Science	2010 - 2012
University of Utah, College of Health, Department of Exercise and Sport Science. Salt Lake City, UT. Adjunct Professor	2010 - 2014
University of Utah, College of Health, Department of Exercise and Sport Science. Salt Lake City, UT. Assistant Professor of Sports Pedagogy	2007 - 2010
Louisiana State University, Baton Rouge, LA, U.S.	2003 - 2007

Graduate Assistant

Football World, Chinese Sports Daily Corporation, Beijing, China
Editor/Journalist 1999 - 2002

Beijing Sport University/Beijing Japanese School, Beijing, China
Soccer teacher/Coach 1997 - 1999

Chinese Sports Daily, Beijing, China
Journalist 1996 - 1997

PROFESSIONAL AFFILIATIONS

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

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

External Sources

- 2017 Hunan Province Outstanding Foreign Instructor
- 2017 Society for Health and Physical Educators (SHAPE America) Graduate Student Research Award (Mentee: Zachary Pope)
- 2016 High-end Foreign Expert, Hunan Normal University, Changsha, China
- 2016 Outstanding Foreign Instructor, Hunan Normal University, Changsha, China
- 2016 International Chinese Society for Physical Activities and Health Excellent Oral Presentation Award (Mentee: Jung Eun Lee)
- 2016 International Chinese Society for Physical Activities and Health Excellent Poster Presentation Award (Mentee: Zachary Pope)
- 2015 Nominated for University of Minnesota College of Education and Human Development New Career Excellence Award
- 2015 Society for Health and Physical Educators (SHAPE America) Leroy T. Walker Young Professional Award
- 2014 Journal of Teaching in Physical Education Exceptional Reviewer Award
- 2013 Fellow, American College of Sports Medicine
- 2013 National Association for Sport and Physical Education Curriculum and Instruction Heitmann Young Scholar Award
- 2011 Fellow, American Alliance for Health, Physical Education, Recreation, and Dance Research Consortium
- 2011 Fellow, A Postgraduate Course on Research Directions & Strategies Physical Activity and Public Health Courses
- 2011 International Chinese Society for Physical Activities and Health Outstanding Service Award
- 2010 Strategic Grant Proposal Writing Certificate by Institute for Strategic Funding Development
- 2010 2010 American Alliance for Health, Physical Education, Recreation, and Dance Graduate Student Research Award (Mentee: Charles C. Huang)
- 2009 International Chinese Society for Physical Activities and Health Outstanding Service Award
- 2009 Included into the 2010 Edition of Who's Who in America
- 2009 2009 American Alliance for Health, Physical Education, Recreation, and Dance Mabel Lee Young Scholar Award
- 2009 Co-author, 2009 American Alliance for Health, Physical Education, Recreation, and Dance Graduate Student Research Award (First Author: Tao Zhang)
- 2008 Included into the 2008-2009 Cambridge Who's Who Among Executives, Professionals and Entrepreneurs
- 2008 Listed in the AcademicKeys Who's Who in Health Sciences Higher Education (WWHSHE)
- 2008 The 2008 National Association for Kinesiology and Physical Education in Higher Education Hally Beth Poindexter Young Scholar Award
- 2007 2007 American Alliance for Health, Physical Education, Recreation, and Dance Ruth Abernathy Presidential Scholarship Award

- 2006 2006 Graduate Research Award by the American Educational Research Association, Special Interest Group - Research on Learning and Instruction in Physical Education
- 2006-2007 Don Franks President's Challenge Fellowship, Department of Kinesiology, Louisiana State University
- 2006 College of Education Outstanding Students, Louisiana State University
- 2005-2007 Lillian Oleson Scholarship, College of Education, Louisiana State University
- 2005 Louisiana State University Chinese Student and Scholar Association Outstanding Service Award, Baton Rouge, LA
- 2003-2007 Louisiana State University Graduate School Scholars Assistantship Enhancement Awards, Baton Rouge, LA

Visiting Professorships

- 2017 Visiting Professor, Shanghai University of Sport, Shanghai, China
- 2009 - 2010 Visiting Professor, Graduate School of Beijing Sport University, Beijing, China
- 2011 Visiting Professor, School of Physical Education, Chongqing University, Chongqing, China

RESEARCH INTERESTS

- Population-based physical activity promotion to fight childhood obesity
- Application of modern technology (e.g., active video games, smartphone Apps) in interventions to promote physical activity and health
- Psychosocial and behavioral correlates/determinants of physical activity behavior
- Children's motor skill, physical activity, fitness, cognition and academic achievement
- Health disparities and physical activity

RESEARCH, SCHOLARSHIP, AND CREATIVE WORK

Grants and Contracts

External Sources

Received at the University of Minnesota:

1. Investigator status: Principal Investigator
Name of Co-investigator: French, S., & Kunin-Baston, A.S.
External Agency: National Institutes of Health (1R56HL130078-01)
Project title and Dates: *Teach Exergaming and Activities on Cognition and Health in Preschoolers: Project TEACH*. 2016-2018
Direct costs: \$243,637; Total costs: \$369,118
Status: To be funded in 2016
Role: conceived the study, and developed the design and proposal.
2. Investigator status: Principal Investigator
Name of Co-investigator: Lee, H., Zhang, R.
Sources: University of Minnesota, Office of Vice President for Research Grant-In-Aid

Project title and Dates: *Improving Breast Cancer Survivors' Disease Management Outcomes through Smartphone Apps and Online Health Community*. 2016-2018

Direct costs: \$47,620

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

3. Investigator status: Faculty mentor

Name of PI: Lee, J.

External Agency: SHAPE America Research Grant Program

Project title and Dates: *Children's Physical Activity and Psychosocial Beliefs in App-based Physical Education*. 2016-2017

Direct costs: \$2,500

Role: advised the conception and design of the study.

4. Investigator status: Principal Investigator

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

Project title and Dates: *Promoting Health and Quality of Life through Smartphone Apps in Asian Immigrant Breast Cancer Survivors*. 2015-2016

Direct costs: \$7,000

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

5. Investigator status: Faculty mentor

Name of PI: Pope, Z.

External Agency: SHAPE America Research Grant Program

Project title and Dates: *Promoting Physical Activity through Smartphone Apps in Overweight/Obese College Students*. 2015-2016

Direct costs: \$2,500

Role: advised the conception and design of the study.

6. Investigator status: Principal Investigator

Name of Co-investigator: French, S., & Kunin-Baston, A.S.

University Sources: University of Minnesota, Obesity Prevention Center

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

Direct costs: \$50,000

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

7. Investigator status: Principal Investigator

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

Project title and Dates: *Impact of Exergaming on Urban Children's Physical and Psychosocial Health*. 2014-2015

Direct costs: \$32,109

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

8. Investigator status: Principal Investigator

Name of Co-PI/Co-investigator: Stodden, D., & Feng, D.
 External Agency: National Institutes of Health; NICHD; PA-10-070 Academic
 Research Enhancement Award (Parent R15: 1R15HD071514-01A1)
 Project title and Dates: *Impact of Interactive Video Games on Underserved
 Children's Health*. 2012-2015
 Direct costs: \$300,000; Total costs: \$432,225
 [Note: I received this grant in August 2012, and transferred the sub-award to UMN]
Role: conceived the study, and developed the design and proposal.

9. Investigator status: Co-Investigator
 Name of Principal Investigator: Steinberger, J.
 Name of Co-investigators: Dengel, D., Gilchrist, L., Hodges, J., Sadak, K.
 University Sources: University of Minnesota, Academic Health Center's Small
 Grants Program
 Project title and Dates: *Effect of a Home-based Fitness Intervention on
 Cardiometabolic Risk Profile in Pediatric Patients with Acute Lymphoblastic Leukemia (ALL)*.
 2014-2015
 Direct costs: \$30,000
Role: helped to develop the design and measurement.

10. Investigator status: Principal Investigator
 University Sources: University of Minnesota, College of Education and Human
 Development
 Project title and Dates: *Impact of Exergaming on Children's Cardiovascular Fitness
 and Classroom Behaviors*. 2013-2014
 Direct costs: \$5,000
Role: conceived the study, and developed the design and proposal.

11. Investigator status: Principal Investigator
 University Sources: University of Minnesota, School of Kinesiology
 Project title and Dates: *Effects of Two Innovative Physical Activity Programs on
 Preschool Children's Health and Cognitive Functions*. 2013-2014
 Direct costs: \$3,000
Role: conceived the study, and developed the design and proposal.

Received at the University of Minnesota – Student Grants

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

Grant title and external or internal agency: *Effects of Exergaming on Children's Aerobic Fitness and Achievement Behaviors*. Undergraduate Research Opportunities Program at the University of Minnesota

Costs: \$1,700

Dates: 2013-2014

Role: advised the conception and design of the study.

3. Shyamlee Nanda, Principal Investigator

Grant title and external or internal agency: *Effects of Smartphone Apps on Health and Quality of Life in Asian Immigrant Breast Cancer Survivors*. Undergraduate Research Opportunities Program at the University of Minnesota

Costs: \$1,500

Dates: 2015-2016

Role: advised the conception and design of the study.

4. Matthew Tran, Principal Investigator

Grant title and external or internal agency: *Testing the Feasibility of Using Smartphone Exercise App among Cancer Survivors*. Undergraduate Research Scholarships at the University of Minnesota

Costs: \$1,700

Dates: 2015-2016

Role: advised the conception and design of the study.

5. Kalli Fautsch, Principal Investigator

Grant title and external or internal agency: *Exergaming on Behavior among Children with Autism Spectrum Disorders*. Undergraduate Research Scholarships at the University of Minnesota

Costs: \$1,700

Dates: 2016-2017

Role: advised the conception and design of the study.

Received at Other Institutions:

1. Investigator status: Principal Investigator

External Agency: Texas Tech University Office of the Vice President for Institutional Diversity, Equity & Community Engagement

Project title and Dates: *Institute for Inclusive Excellence*. 2011

Direct costs: \$1,000

2. Investigator status: Principal Investigator

Name of Co-investigator: Valdez, V.E.

External Agency: The University of Utah

Project title and Dates: *Impact of Physical Activities on Urban Latino Children's Physical Fitness, Self-esteem and Academic Performance*. 2009-2011

Direct costs: \$12,000

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

3. Investigator status: Principal Investigator
 Name of Co-investigator: Montenegro, R., Valdez, V.E., Hannon, J.C., & Xiang, P.
 External Agency: Robert Wood Johnson Foundation Salud America! (#66347)
 Project title and Dates: *Integrating Dance Dance Revolution to Promote Urban Latino School Children's Physical Health and Academic Achievement: Project GAME*. 2009-2011
 Direct costs: \$74,041
Role: conceived the study, and developed the design and proposal.
4. Investigator status: Principal Investigator
 Name of Co-investigator: Hannon, J.C., & Newton, M.
 External Agency: The University of Utah College of Health
 Project title and Dates: *The Impact of Classroom-based Physical Activity (Take 10!) on Underserved Children's Exercise Motivation and Physical Health*. 2010-2012
 Direct costs: \$5,000
Role: conceived the study, and developed the design and proposal.
5. Investigator status: Principal Investigator
 Name of Co-investigator: Hannon, J.C., & Newton, M.
 External Agency: The University of Utah College of Health
 Project title and Dates: *The Effects of Goal Setting on Overweight Students' Physical Activity Levels and Performance in the Dance Dance Revolution Program*. 2008-2010
 Direct costs: \$7,500
Role: conceived the study, and developed the design and proposal.
6. Investigator status: Principal Investigator
 Name of Co-investigator: Hannon, J.C., & Newton, M.
 External Agency: AAHPERD Research Consortium
 Project title and Dates: *The Effects of Curricular Activity on Students' Situational Motivation and Physical Activity Levels in Physical Education*. 2008-2010
 Direct costs: \$5,000
Role: conceived the study, and developed the design and proposal.
7. Investigator status: Faculty Mentor
 Name of Principal investigator: Huang, C.
 External Agency: The University of Utah PEAK Academy
 Project title and Dates: *Effect of Aerobic Exercises on Children's Exercise Determinants and Behaviors*. 2009-2010
 Direct costs: 1,500
Role: advised the conception and design of the study.
8. Investigator status: Co-investigator
 Name of Principal investigator: Newton, M.
 External Agency: The University of Utah College of Health
 Project title and Dates: *Predictors of Sportpersonship and Motivation in High School Athletes*. 2009-2011

Direct costs: 6,200

Role: helped the conception and design of the study.

9. Investigator status: Co-investigator
 Name of Principal investigator: Richardson, G.
 External Agency: The Utah Partnership for Health Weight
 Project title and Dates: *Tipping the Scales towards a Healthier Population: The Utah Blueprint to Promote Healthy Weight for Children, Youth, and Adults.* 2009-2011
 Direct costs: \$200,000
Role: helped the design of the study.

Research Fellowship

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

Travel Grant

1. 2015, International Travel Grant, the Global Programs and Strategy Alliance, University of Minnesota, \$1,500
2. 2013, Robert Wood Johnson Foundation Salud America! program. Travel Grant, \$1,000
3. 2013, American College of Preventive Medicine. Travel Grant, \$1,000
4. 2011, The Vice President for Research Office at Texas Tech University, Travel Award. \$500
5. 2011, The Dean's Office of College of Arts and Sciences, Texas Tech University, Travel Award. \$500
6. 2011, Robert Wood Johnson Foundation Salud America! program. \$1,000
7. 2010, University of Utah College of Health Research Travel Grant. \$1,500
8. 2009, Robert Wood Johnson Foundation Healthy Kids, Healthy Nation program. \$1,000.00
9. 2009, Robert Wood Johnson Foundation Salud America! program. \$1,000
10. 2008, National Association for Kinesiology and Physical Education in Higher Education Travel Grant. \$250
11. 2007, American Alliance for Health, Physical Education, Recreation, and Dance Travel Grant. \$300
12. 2007, Louisiana State University Graduate School Travel Award. \$300
13. 2006, American Educational Research Association Graduate Student Travel Award. \$200
14. 2006, Louisiana State University Graduate School Travel Award. \$300
15. 2006, Louisiana State University Chinese Student and Scholar Association Travel fund for Southern America Chinese Soccer Cup. \$250
16. 2004, Louisiana State University Graduate School Travel Award. \$450

Pending at the University of Minnesota:

1. Investigator status: Principal Investigator
 Name of Co-investigator: Yu, F., & Guan, W.
 External Agency: National Institutes of Health (1R01H.); NHLBI
 Project title and Dates: *Home-based Gaming Approaches for More Exercise in Preschool Children.* 2017-2022 (submitted in February 2017)
 Direct costs: \$1,667,661; Total costs: \$ 2,565,728

Status: submitted in February 2017; pending.

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

2. Investigator status: Co-Investigator
Principal Investigator: Evans, R.
External Agency: National Institutes of Health R21/R33
Project title and Dates: *Mindful Movement for Physical Activity and Wellbeing in Older Adults*. 2016-2021 (submitted in June 2015)
Direct costs: \$785,496; Total costs: \$1,193,955
Status: Pending for council review
Role: help to develop the design and measurement.
3. Investigator status: Principal Investigator
Name of Co-investigator: Konczak, J., Mazzocco, M., & Gao, Y.
External Agency: National Institutes of Health
Project title and Dates: *Trial of Exergaming Activities on Cardiovascular Health in Underserved Preschoolers*. 2017-2022
Direct costs: \$2,028,078; Total costs: \$3,087,894
Status: Submitted in June 2016; not discussed. To be resubmitted.
Role: conceived the study, and developed the design and proposal.
4. Investigator status: Co-investigator
Name of Principal Investigator: Sarafoglou, K., Brundage, R.
External Agency: FDA
Project title and Dates: *Ph2a SQ HC infusion pump in congenital adrenal hyperplasia IND125,640*. 2017-2019.
Direct costs: \$925,942; Total costs: \$1,166,688
Status: submitted in February 2017; pending
Role: helped to develop the design and measurement.
5. Investigator status: Co-investigator
Name of Principal Investigator: Sarafoglou, K., Brundage, R.
Name of Co-Investigator: Gunnar, M, Hodges, J., Lightman, S.
External Agency: National Institutes of Health (R21)
Project title and Dates: *Pulsatile cortisol delivery in children with congenital adrenal hyperplasia*. 2015-2017.
Direct costs: \$275,000
Resubmission in October 2015; Pending
Role: helped to develop the design and measurement.
6. Investigator status: Consultant
Name of Principal Investigator: Chen, W. (University of Michigan)
External Agency: National Institutes of Health (R15)
Project title and Dates: *Effectiveness of Technology-Integrated Physical Activity Intervention on Children*. 2015-2018.
Direct costs: \$300,000; Total costs: \$439,694

First submission impact score (June 2014): 48; Resubmission impact score (February 2015): 45

Role: helped to develop the design.

Not funded at the University of Minnesota:

1. Investigator status: Principal Investigator
Name of Co-investigator: Lewis, B., & Chu, H.
External Agency: National Institutes of Health (1R01HD087318-01); NICHD
Project title and Dates: *Trial of Exergaming on Health and Cognitive Functions in Children*. 2016-2020 (submitted in June 2015)
Direct costs: \$1,737,866; Total costs: \$ 2,641,555
Status: First submission impact score (November 2015): 55; percentile: 49%.
Resubmitted in February 2016.
Role: conceived the study, and developed the design and proposal.
2. Investigator status: Principal Investigator
Name of Co-investigator: French, S., & Kunin-Baston, A.S.
External Agency: National Institutes of Health
Project title and Dates: *Teach Exergaming and Activities on Cognition and Health in Preschoolers: Project TEACH*. 2016-2021
Direct costs: \$2,242,751; Total costs: \$3,397,585
First submission impact score (September 2013): 45; percentile: 52%; Resubmission in October 2014: Not discussed (1R01HL122888-01A1). New submission in February 2015; priority score: 38; percentile: 29% (1R01HL130078-01). Resubmitted on November 2nd, 2015: Not discussed (1R01HL130078-01A1).
Status: Not funded [but a one-year R56HL130078-01 has been funded]
Role: conceived the study, and developed the design and proposal.
3. Investigator status: Principal Investigator
Name of Co-investigator: Zhang, R.
External Agency: National Institutes of Health R21/R33; NICHD
Project title and Dates: *Effects of Smartphone Apps on Health in Overweight College Students*. 2016-2021 (submitted in June 2015)
Direct costs: \$829,391; Total costs: \$1,260,673
Status: Not funded
Role: conceived the study, and developed the design and proposal.
4. Investigator status: Principal Investigator
Sources: Entertainment Software Association Foundation
Project title and Dates: *Impact of Exergaming on Children's Health and Cognition*. 2014-2015
Direct costs: \$50,000
5. Investigator status: Principal Investigator
Name of Co-investigator: Lewis, B., Chu, H., & Neumark-Sztainer, D.
External Agency: National Institutes of Health; NHLBI (RHL128284A)

Project title and Dates: *Effects of Exergaming on Children's Physical Activity and Cognitive Functions*. 2016-2021 (submitted in October 2014)

Direct costs: \$1,601,235; Total costs: \$2,433,875

Score: not discussed

6. Investigator status: Principal Investigator

University Sources: University of Minnesota, Clinical and Translational Science Institute Program, Community Health Collaborative Grant

Project title and Dates: *Impact of Physical Activities on Preschoolers' Health and Cognition*. 2014-2015

Direct costs: \$42,672

7. Investigator status: Principal Investigator

Name of Co-PI: Beltran, R.

University Sources: University of Minnesota, Clinical and Translational Science Institute Program

Project title and Dates: *A Look at Cultural Dance To Improve Physical Activity and Overall Well Being Among Urban Hmong Adolescent Girls*. 2013-2014

Direct costs: \$33,880

8. Investigator status: Principal Investigator

University Sources: University of Minnesota, Minnesota Obesity Center

Project title and Dates: *Effects of Exergaming on Urban Children's Physical Activity and Body Composition*. 2013-2014

Direct costs: \$21,051

9. Investigator status: Principal Investigator

Name of Co-PI: Hwang, A., Beltran, R.

University Sources: University of Minnesota, Health Disparities Research Program

Project title and Dates: *"Ntxhais Hmoob Hwjchim"/"Hmong Girl Power" – A Look at Cultural Dance To Improve Physical Activity and Overall Well Being Among Urban Hmong Adolescent Girls*. 2013-2014

Direct costs: \$25,000

10. Investigator status: Principal Investigator

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

Project title and Dates: *Impact of Two Classroom-based Physical Activity Programs on Children's Physical Health and Academic Outcomes*. 2013-2014

Direct costs: \$39,509

11. Investigator status: Principal Investigator

University Sources: University of Minnesota, Institute for Diversity, Equity, and Advocacy Office for Equity and Diversity

Project title and Dates: *Impact of Exergaming on Underserved Minority Children's Psychosocial Beliefs and Physical Health*. 2013-2014

- Direct costs: \$7,000
12. Investigator status: Principal Investigator
University Sources: University of Minnesota, Office of Vice President for Research
Grant-In-Aid
Project title and Dates: *Effects of Exergaming on Urban Children's Physical and Psychosocial Health*. 2013-2014
Direct costs: \$41,309
 13. Investigator status: Principal Investigator
University Sources: University of Minnesota, Institute for Advanced Study
Project title and Dates: *Effects of Exergaming on Urban Children's Physical and Psychosocial Health*. 2013-2014
Direct costs: \$12,000
 14. Investigator status: Principal Investigator
University Sources: University of Minnesota, The Center for Urban and Regional Affairs
Project title and Dates: *Effects of Exergaming on Urban Children's Physical and Psychosocial Health*. 2013-2014
Direct costs: \$39,766
 15. Investigator status: Principal Investigator
University Sources: University of Minnesota, Institute of Environment
Project title and Dates: *Teach Exergaming Activities for Health among Preschoolers*. 2013-2014
Direct costs: \$3,000
 16. Investigator status: Principal Investigator
Name of Co-investigator: Lewis, B.
External Agency: National Institutes of Health (RHL119686A).
Project title and Dates: *Effects of Exergaming on Urban Children's Physical Activity Behaviors*. 2013-2017
Direct costs: 275,000; Total costs: \$406,975

Not funded at Other Institutions:

1. Investigator status: Principal Investigator
External Agency: AAHPERD Research Consortium
Project title and Dates: *Impact of Exergamings on Children's Physical Activity Behavior and Fitness*. 2011-2012
Direct costs: \$7,500
2. Investigator status: Co-Principal Investigator
Name of Principal investigator: Esperat, C., & Feng, D.

External Agency: United States Department of Agriculture-AFRI Childhood Obesity Prevention 2011

Project title and Dates: *Transformacion Para Salud: Prevention and Control of Overweight and Obesity among Children in West Texas*. 2012-2016

Total costs: \$2,500, 000

3. Investigator status: Principal Investigator
Agency: Texas Tech University Internal Competitive Funding Opportunity
Project title and Dates: *The Impact of Exergamings on Children's Social Determinants of Physical Activity Behavior*. 2011-2012
Direct costs: \$10,000
4. Investigator status: Principal Investigator
Agency: Texas Tech University Faculty Diversity Development Grant
Project title and Dates: *Impact of Interactive Video Games on Underserved Children's Health*. 2011-2012
Direct costs: \$2,000
5. Investigator status: Principal Investigator
External Agency: J. R. Albert Foundation
Project title and Dates: *Impact of Interactive Games on Underserved Minority Children's Motor Skills and Fitness*. 2011-2014
Direct costs: \$144,655
6. Investigator status: Principal Investigator
Agency: Texas Tech University HEAF Research Instrument Funds
Project title and Dates: *Using accelerometers and interactive fitness to promote health*. 2010-2011
Direct costs: \$64,462
7. Investigator status: Principal Investigator
External Agency: Spencer Foundation Small Research Grant Program
Project title and Dates: *Impact of Classroom-based Physical Activity Programs on Latino Children's Classroom Behaviors and Academic Performance*. 2011-2012
Direct costs: \$39,200
8. Investigator status: Co-investigator
Name of Principal investigator: Esperat, C.
External Agency: National Institutes of Health PA-10-106 Scientific Meetings for Creating Interdisciplinary Research Teams (1 R13 HD071717-01)
Project title and Dates: *Prevention and Control of Childhood Obesity among Underserved Vulnerable Populations*. 2011-2012
Total costs: \$34, 880
9. Investigator status: Principal Investigator
External Agency: AAHPERD Research Consortium

- Project title and Dates: *Effect of Take 10! on children's physical fitness and behaviors.* 2010-2011
Direct costs: \$7,500
10. Investigator status: Principal Investigator
External Agency: National Institutes of Health PA-07-391 Reducing Health Disparities among Minority and Underserved Children (R21: 1R21HD067845-01)
Project title and Dates: *Impact of Interactive Dance on Urban Latino Children's Health.* 2010-2012
Total costs: \$415,983
11. Investigator status: Principal Investigator
External Agency: Robert Wood Johnson Foundation Active Living Research
Project title and Dates: *Impact of Interactive Games on Latino School Children's Health and Academic Achievement.* 2010-2012
Total costs: \$233,573
12. Investigator status: Co-investigator
Name of Principal investigator: Andrade, J.
External Agency: NIH Science Education Partnership Award (SEPA), PAR-06-549
Project title and Dates: *Interactive Exhibits/Active, Rational People: Obesity, Diabetes, MDD.* 2009-2011
Total costs: \$200,000
13. Investigator status: Principal Investigator
External Agency: Spencer Foundation Small Research Grant Program
Project title and Dates: *Impact of Structured Physical Activities on Urban Latino Children's Physical Health, Self-esteem and Academic Performance.* 2010-2011
Direct costs: \$35,900
14. Investigator status: Principal Investigator
External Agency: Robert Wood Johnson Foundation Health Game Research
Project title and Dates: *Impact of Structured Physical Activities on Urban Latino Children's Physical Health, Self-esteem and Academic Performance.* 2010-2012
Total costs: \$128,955
15. Investigator status: Principal Investigator
External Agency: Robert Wood Johnson Foundation Active Living Research
Project title and Dates: *The Impact of Interactive Games on Urban Latino School Children's Physical Health and Academic Achievement.* 2010-2012
Total costs: \$143,040
16. Investigator status: Principal Investigator
External Agency: Aetna Foundation
Project title and Dates: *Gaming Approaches to Promote Physical Activity among Urban School Children.* 2009-2010

Total costs: \$49,692

17. Investigator status: Faculty Mentor
 Name of Principal investigator: Huang, C.
 External Agency: AAHPERD Research Consortium Graduate Research Grants
 Project title and Dates: *Effect of Aerobic Exercises on Children's Exercise Determinants and Behaviors*. 2009-2010
 Direct costs: \$3,000
18. Investigator status: Principal Investigator
 External Agency: Robert Wood Johnson Foundation Active Living Research
 Project title and Dates: *Effects of Dance Dance Revolution on Urban School Children's Physical Health and Academic Achievement: Project GAME*. 2009-2011
 Total costs: \$108,233
19. Investigator status: Co-investigator
 Name of Principal investigator: Hannon, J.C.
 External Agency: National Association for Sport and Physical Education Research Grant Program
 Project title and Dates: *Impact of physical education taught by specialists versus non-specialists on student academic performance, physical fitness, motor skill development, and physical activity levels*. 2008-2011
 Direct costs: \$30,000
20. Investigator status: Principal Investigator
 External Agency: National Association for Sport and Physical Education Research Grant Program
 Project title and Dates: *The Impact of A Classroom-based Interactive Video Game on Urban Latino School Children's Academic Motivation and Performance*. 2008-2011
 Direct costs: \$29,200
21. Investigator status: Principal Investigator
 External Agency: Spencer Foundation Small Research Grant Program
 Project title and Dates: *Integrating Dance Dance Revolution to Promote Urban Hispanic School Children's Physical Fitness and Academic Achievement*. 2008-2009
 Direct costs: \$38,900
22. Investigator status: Principal Investigator
 External Agency: United Health Foundation
 Project title and Dates: *Project GAME (Gaming Approaches to proMote Exercise): Promoting Urban School Children's Physical Activity Levels and Health Status*. 2008-2009
 Direct costs: \$50,000
23. Investigator status: Principal Investigator
 External Agency: Robert Wood Johnson Foundation Health Game Research

Project title and Dates: *The Impact of Dance Dance Revolution on Elementary School Children' Situational Motivation and Physical Activity Levels*. 2008-2010
 Total costs: \$91,638

24. Investigator status: Principal Investigator
 Agency: The University of Utah Instrumentation Fund
 Project title and Dates: *Polar E600 Hear Rate Monitors for Physical Activity Interventions and Health Promotion*. 2008-2009
 Total costs: \$13,499

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

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

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

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

Publications

- **Books**

1. **Gao, Z.** (in press). *Technology in physical activity and health promotion*. London, UK: Routledge Publisher.
2. **Gao, Z., & Pope, Z.** (2015). *Physical activity behaviors and determinants in children and adolescents*. Hauppauge, New York: Nova Science Publishers.

3. **Gao, Z.** (2001a). *101 Youth soccer drills (7 -11)* (Malcolm Cook, Trans.). Beijing: People's Sports Publishing House of P.R.C.
 4. **Gao, Z.** (2001b). *101 Youth soccer drills (12 -16)* (Malcolm Cook, Trans.). Beijing: People's Sports Publishing House of P.R.C.
 5. **Gao, Z.,** & Wang, W. (2001). *Coaching youth soccer* (American Sport Education Program, Trans.). Beijing: People's Sports Publishing House of P.R.C.
 6. **Gao, Z.,** & Zhi, Y. (2001). *Attacking soccer: Tactics and drills for high -scoring offense* (Joseph Luxbacher, Trans.). Beijing: People's Sports Publishing House of P.R.C.
 7. **Gao, Z.** (2000). *Fulfill a successful tournament* (John Byl, Trans.). Beijing: People's Sports Publishing House of P.R.C.
- **Book Chapters (Names in italics indicate co-authors are/were graduate students under my mentorship; * corresponding author)**
 1. * **Gao, Z.,** *Pope, Z., & Zeng, N.* (2017). Foundations of technology and health effects of physical activity. In Zan Gao (Ed.), *Technology in physical activity and health promotion*. London, UK: Routledge Publisher.
 2. * Sun, H., **Gao, Z.,** & *Zeng, N.* (2017). Overview: Promoting physical activity and health through emerging technology. In Zan Gao (Ed.), *Technology in physical activity and health promotion*. London, UK: Routledge Publisher.
 3. * **Gao, Z.,** & *Lee, J.* (2017). Social and behavioral theories in promoting physical activity. In Zan Gao (Ed.), *Technology in physical activity and health promotion*. London, UK: Routledge Publisher.
 4. * *Lee, J.,* & **Gao, Z.** (2017). Computer and Internet use in enhancing physical activity. In Zan Gao (Ed.), *Technology in physical activity and health promotion*. London, UK: Routledge Publisher.
 5. * *Lee, J.,* & **Gao, Z.** (2017). Online social media and physical activity promotion. In Zan Gao (Ed.), *Technology in physical activity and health promotion*. London, UK: Routledge Publisher.
 6. * *Pope, Z.,* & **Gao, Z.** (2017). Mobile device apps in enhancing physical activity. In Zan Gao (Ed.), *Technology in physical activity and health promotion*. London, UK: Routledge Publisher.
 7. * *Pope, Z.,* & **Gao, Z.** (2017). Global Positioning Systems and Geographic Information Systems and physical activity. In Zan Gao (Ed.), *Technology in physical activity and health promotion*. London, UK: Routledge Publisher.

8. * Zeng, N., & Gao, Z. (2017). Health wearable devices and physical activity promotion. In Zan Gao (Ed.), *Technology in physical activity and health promotion*. London, UK: Routledge Publisher.
9. * Gao, Z., Zeng, N., & Pope, Z. (2017). Active video games and physical activity promotion. In Zan Gao (Ed.), *Technology in physical activity and health promotion*. London, UK: Routledge Publisher.
10. * Zeng, N., & Gao, Z. (2017). Virtual reality in physical activity promotion. In Zan Gao (Ed.), *Technology in physical activity and health promotion*. London, UK: Routledge Publisher.
11. * Pope, Z., & Gao, Z. (2017). Negative aspects of emerging technologies in physical activity promotion. In Zan Gao (Ed.), *Technology in physical activity and health promotion*. London, UK: Routledge Publisher.
12. * Gao, Z. (2017). Emerging technologies in promoting physical activity and health. In Zan Gao (Ed.), *Technology in physical activity and health promotion*. London, UK: Routledge Publisher.
13. * Zeng, Z., & Gao, Z. (2016). Effects of exergaming and fundamental movement skills among youth and young adults: A systematic review. *Gaming: Trends, Perspectives and Impact on Health* (pp 41-58). Hauppauge, New York: Nova Science Publishers.
14. * Sheng, H., Pope, Z., & Gao, Z. (2015). Adolescent girls' physical activity determinants and physical activity participation: An application of Social Ecological Model. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 1-18). Hauppauge, New York: Nova Science Publishers.
15. * Sheng, H., Pope, Z., & Gao, Z. (2015). Adolescent girls' physical activity levels in New Mexico: Status, determinants, and measurement issues. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 19-40). Hauppauge, New York: Nova Science Publishers.
16. * Huang, C.C., Lee, J., Pope, Z., & Gao, Z. (2015). Protection Motivation Theory-based beliefs predict adolescents' physical activity and intention. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 41-60). Hauppauge, New York: Nova Science Publishers.
17. * Huang, C.C., Pope, Z., & Gao, Z. (2015). Using motivational and volitional interventions to promote adolescents' physical activity. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 61-86). Hauppauge, New York: Nova Science Publishers.
18. * Lee, J., Stodden, D., Zhang, T., Yan, A.F., & Gao, Z. (2015). Examining the mediating role of perceived competence in exergaming Activities. In Zan Gao & Zachary Pope

- (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 117-130). Hauppauge, New York: Nova Science Publishers.
19. * **Pope, Z., & Gao, Z.** (2015). Middle school students' physical activity levels in physical education: Gender and grade differences. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 131-146). Hauppauge, New York: Nova Science Publishers.
 20. * **Zhang, P., Pope, Z., & Gao, Z.** (2015). Associations among elementary school children's physical activity self-efficacy, enjoyment and perceived exertion in exergaming. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 62-87). Hauppauge, New York: Nova Science Publishers.
 21. **Pasco, D., Pope, Z., & Gao, Z.** (2015). Impact of exergaming on high school students' situational motivation and physical activity levels. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 88-103). Hauppauge, New York: Nova Science Publishers.
 22. **Fu, Y., Gao, Z., Burns, R., & Hannon, J.** (2015). Correlates of moderate to vigorous physical activity and cardiovascular fitness during physical education. In Zan Gao & Zachary Pope (Eds.), *Physical activity behaviors and determinants in children and adolescents* (pp. 147-163). Hauppauge, New York: Nova Science Publishers.
 23. **Lu, C., & Gao, Z.** (2015). Traditional Chinese physical activities. In Cothran, D.J. & Keating, X. (Ed.), *Learning for a lifetime: Effective secondary physical education programs*. Beijing, China: Higher Education Press.
 24. * **Gao, Z., Podlog, L. & Lee, J.** (2014). Children's situational motivation, rate of perceived exertion and physical activity levels in exergaming: Associations and gender differences. In Jeffery Graham (Ed.), *Video games: Parents' perceptions, role of social media and effects on behavior* (pp. 17-28). Hauppauge, NY: Nova Science Publisher.
 25. * **Gao, Z., Xiang, P., & Lochbaum, M.** (2013). Relations of children's hierarchical ability beliefs to their cardiovascular fitness, physical activity levels and persistence/effort. In John Saunders, Martin Holzweg, Walter Ho, & Lynn Housner, *Current issues in contemporary comparative physical education and sport* (pp. 121-129). Berlin, Germany: Logos Verlag Publisher.
 26. **Ning, W., & Gao, Z.** (2013). Literature review on effect of physical activity on students' cognitive abilities and academic achievement. In John Saunders, Martin Holzweg, Walter Ho, & Lynn Housner, *Current issues in contemporary comparative physical education and sport* (pp. 97-109). Berlin, Germany: Logos Verlag Publisher.

27. * **Gao, Z.** (2001). Soccer clubs in Europe and South American. In G. Rao & X. Ma (Eds.), *World Soccer Encyclopedia* (pp. 1124 -1206). Beijing: People's Sports Publishing House of P.R.C.

- **Peer-Reviewed Journal Articles**

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

1. * Leininger, B., Schultz, C, **Gao, Z.**, Bronfort, D.D., Evans, R., *Pope, Z., Zeng, N., & Haas, M.* (in press). Objective physical activity measures and their associations with low back pain in adolescents. *Journal of Orthopaedic & Sports Physical Therapy*. (impact factor: 3.00) Role: conceived the study, analyzed the data, and drafted the manuscript (Note: the first three authors are co-first authors).
2. ***Gao, Z.** (in press). Fight Fire with Fire: Promoting physical activity and health through active video games. *Journal of Sport and Health Science*. (impact factor: 2.19) Role: conceived the study and drafted the manuscript.
3. ***Gao, Z.**, *Pope, Z., Lee, J., Stodden, D., Roncesvalles, N., Pasco, D., Huang, C., & Feng, D.* (in press). Impact of exergaming on young children's school day energy expenditure and moderate-to-vigorous physical activity levels. *Journal of Sport and Health Science*. (impact factor: 2.19) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
4. Baranowski, T., Blumberg, F., Gao, Z., Kato, P.M., Kok, G., Lu, A ... Thompson, D. (2017). Getting research on games for health funded. *Games for Health Journal*, 6(1): 1-8. doi:10.1089/g4h.2016.0106. (impact factor: 1.32). Role: helped to draft the manuscript.
5. **Lee, J., Xiang, P., & Gao, Z.* (2017). Acute effect of exergaming on older children's mood change. *Computers in Human Behavior*, 70, 97-103. doi:10.1016/j.chb.2016.12.060 (impact factor: 2.88) Role: conceived the study, retrieved literature, carried out the study, and helped to draft the manuscript.
6. Pasco, D., Roure, C., Kermarrec, G., *Pope, Z., & Gao, Z.* (in press). The effects of a bike active video game on players' physical activity and motivation. *Journal of Sport and Health Science*. (impact factor: 2.19) Role: helped with the conception development, data analysis, and helped to draft the manuscript.
7. **Pope, Z., Zeng, N., & Gao, Z.* (in press). A meta-analysis of effects of exergaming on individuals' rehabilitation. *Preventive Medicine*. (impact factor: 2.89) Role: conceived the study, retrieved literature, and helped to draft the manuscript.

8. Xiang, P., McBride, R. E., Lin, S. Q., **Gao, Z.** & Francis, X. C. (2017). Students' gender stereotypes about running in schools. *The Journal of Experimental Education*. Published online: 06 Feb 2017. <http://dx.doi.org/10.1080/00220973.2016.1277335> (impact factor: 1.64) Role: helped to draft the manuscript.
9. *Zeng, N., Pope, Z., Lee, J., & **Gao, Z.** (in press). A systematic review of active video games on rehabilitative outcomes among older patients. *Journal of Sport and Health Science*. (impact factor: 2.19) Role: conceived the study, participated in its data collection, and drafted the manuscript.
10. Yi, X., Pope, Z., **Gao, Z.**, Wang, S., Pan, F., Yan, J, ... & Wang, R. (2016). Associations between individual and environmental factors and habitual physical activity among older Chinese adults: A social–ecological perspective. *Journal of Sport and Health Science*, 5(3), 315-321. (impact factor: 1.68) Role: drafted the manuscript.
11. ***Gao, Z.**, Chen, S., Huang, C., Stodden, D., & Xiang, P. (2016). Investigating elementary school children's daily physical activity and sedentary behaviors during weekdays. *Journal of Sport Science*. Published online: 07 Mar 2016. (impact factor: 2.25) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
12. ***Gao, Z.**, Lee, J., Pope, Z., & Zhang, D. (2016). Effects of exergaming on children's classroom behaviors and effort. *Games for Health Journal*, 5(5). DOI: 10.1089/g4h.2016.0049 (impact factor: 1.32). Role: conceived the study, participated in its design and coordination, carried out the study, and drafted the manuscript.
13. *Zeng, N., **Gao, Z.** (2016). Exergaming and obesity in youth: Current perspectives. *International Journal of General Medicine*, 9, 1-10. Role: conceived the study, participated in its design and coordination, and drafted the manuscript.
14. Fu, Y., **Gao, Z.**, Hannon, J.C., Burns, R., & Brusseau, T. (2016). Effect of SPARK on students' physical activity, motivation and cardiovascular fitness in physical education. *Journal of Physical Activity & Health*, 13(5), 534-542. (impact factor: 1.95) Role: helped with the conception development, design and coordination, and helped to draft the manuscript.
15. *Lee, J., Stodden, D., & **Gao, Z.** (2016). Young children's energy expenditure and moderate-to-vigorous physical activity on weekdays and weekends. *Journal of Physical Activity and Health*, 13(9), 1013-1016. (impact factor: 1.95) DOI: <http://dx.doi.org/10.1123/jpah.2015-0725> Role: conceived the study, participated in its design and coordination, carried out the study, and helped to draft the manuscript.

16. Li, W., **Gao, Z.**, Yin, Z., Xiang, P., Shen, B., & Kong, Q. (2016). Impact of national physical activity and health documents and guidelines on research in teaching K-12 physical education. *Journal of Teaching in Physical Education*, 35(2), 85-96. doi: <http://dx.doi.org/10.1123/jtpe.2015-0098> (impact factor: 0.74) Role: helped with the conception development, design and coordination, analyzed the data, and helped to draft the manuscript.

17. **Pope, Z.*, Chen, S., Pasco, D., & **Gao, Z.** (2016). Effects of body mass index on children's physical activity levels in school-based Dance Dance Revolution. *Games for Health Journal*. 5(3),183-188. doi: 10.1089/g4h.2015.0098. (impact factor: 1.32). Role: conceived the study, participated in its design and coordination, carried out the study, and helped to draft the manuscript.

18. **Lee, J.*, *Pope, Z.*, & **Gao, Z.** (2016). The role of youth sports in promoting children's physical activity and preventing pediatric obesity: A systematic review. *Behavioral Medicine*, 23, 1-15. DOI:10.1080/08964289.2016.1193462 (impact factor: 1.74) Role: helped with the conception development, data collection, and helped to draft the manuscript.

19. * **Gao, Z.**, Chen, S., Pasco, D., & *Pope, Z.* (2015). Effects of active video games on physiological and psychological outcomes among children and adolescents: A meta-analysis. *Obesity Reviews*, 16, 783-794. doi: 10.1111/obr.12287 (impact factor: 7.995) Role: conceived the study, participated in its design and coordination, carried out the study, and drafted the manuscript.

20. Maloney, A.E., Melleker, R., Buday, R., **Gao, Z.**, Dakin, T., Esparza, L., & Alexander, S. (2015). Fun, flow and fitness: A vision for exergaming enhancements to boost physical activity. *Games for Health Journal*, 4(1), 53-57. (impact factor: 1.32). Role: helped with the conception development and helped to draft the manuscript.

21. * *Pope, Z.*, Lewis, B., & **Gao, Z.** (2015). Using the Transtheoretical Model to examine the effects of exergaming on physical activity among children. *Journal of Physical Activity and Health*, 12, 1205-1212. (impact factor: 1.95) Role: conceived the study, participated in its design and coordination, carried out the study, and helped to draft the manuscript.

22. Zhang, T., Moore, W, Gu, X, Chu, A., & **Gao, Z.** (2016). Promoting children's physical activity in physical education: The role of Active Video Gaming. *Journal of Teaching, Research, and Media in Kinesiology*, 1, 1-13. Role: helped to draft the manuscript.

23. * **Gao, Z.**, Chen, S., & Stodden, D. (2015). A comparison of young children's physical activity levels in physical education, recess and school-based exergaming. *Journal of Physical Activity and Health*, 12, 349-354. doi: <http://dx.doi.org/10.1123/jpah.2013-0392>

- (impact factor: 1.95) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
24. * Lee, J., Huang, C., Pope, Z., & Gao, Z. (2015). Integration of active video games in extracurricular activity at schools. *Journal of Teaching, Research, and Media in Kinesiology*, 1, 1-10. Role: conceived the study, participated in its design and coordination, and helped to draft the manuscript.
 25. * Zhang, P., Xiang, P., Lodewyk, K., Sheng, H., & Gao, Z. (2015). Examining psychosocial correlates of adolescent girls' physical activity levels. *Obesity and Control: Open Access*, 1(1), 105. DOI: <http://dx.doi.org/10.14437/OCOA-1-105> Role: conceived the study, participated in its design and coordination, carried out the study, and helped to draft the manuscript.
 26. * Ning, W., Pope, Z., & Gao, Z. (2015). Associations between adolescents' situational motivation and objectively-determined physical activity levels in physical education. *Journal of Teaching, Research, and Media in Kinesiology*, 2, 1-13. Role: conceived the study, participated in its design and coordination, carried out the study, and helped to draft the manuscript.
 27. Podlog, L., Gustafsson, H., Skoog, T., Gao, Z., Westin, M., Werner, S., & Alricsson, M. (2015). Need Satisfaction, motivation, and engagement among high performance youth athletes: A multiple mediation analysis. *International Journal of Sport and Exercise Psychology*. (impact factor: 1.1)DOI:10.1080/1612197X.2014.999346 Role: analyzed the data, and helped to draft the manuscript.
 28. * Gao, Z., & Chen, S. (2014). Response to letter: No clear evidence that exergames can prevent obesity. *Obesity Reviews*, 15, 694-695. doi: 10.1111/obr.12186 (impact factor: 7.995) Role: drafted the manuscript.
 29. * Gao, Z., & Chen, S. (2014). Are field-based exergames useful in preventing childhood obesity? A systematic review. *Obesity Reviews*, 15, 676-691. doi: 10.1111/obr.12164 (impact factor: 7.995) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
 30. * Gao, Z., & Xiang, P. (2014). Effects of exergaming based exercise on urban children's physical activity participation and body composition. *Journal of Physical Activity and Health*, 11(5), 992-998. (impact factor: 1.95) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
 31. * Gao, Z., Zhang, P., & Podlog, L. (2014). Examining elementary school children's enjoyment of traditional tag games versus interactive dance games. *Psychology, Health & Medicine*, 19 (5), 605-613. doi: 10.1080/13548506.2013.845304. (impact factor: 1.53)

- Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
32. Chen, S., Kim, Y., & **Gao, Z.** (2014). The effects of physical education on youth's daily physical activity and sedentary behavior. *BMC Public Health, 14*, 110. doi:10.1186/1471-2458-14-110. (impact factor: 2.26) Role: helped to draft the manuscript. Role: helped to draft the manuscript.
 33. Stodden, D., **Gao, Z.**, Goodway, J., & Langendorfer, S. (2014). Dynamic relationships among selected motor skills and health-related fitness in youth. *Pediatrics Exercise Science, 26*, 231-241. (impact factor: 1.61) Role: analyzed the data, and helped to draft the manuscript.
 34. *Zhang, P., Pope, Z., Huang, C., & **Gao, Z.** (2014). Social cognitive beliefs predicting children's physical activity and cardiovascular fitness in physical education. *Journal of Child and Adolescent Behavior, 2*(5),1-5. doi: <http://dx.doi.org/10.4172/2375-4494.1000172> Role: conceived the study, participated in its design and coordination, carried out the study, and helped to draft the manuscript.
 35. Fu, Y., **Gao, Z.**, Hannon, J., Shultz, B., Newton, M., & Sibthorp, J. (2013). Influence of Health-Related Physical Fitness Model on students' physical activity, perceived competence, and enjoyment. *Perceptual and Motor Skills, 117*(3), 956-970. doi: 10.2466/10.06.PMS.117x32z0 (impact factor: 0.658) Role: Advised on conception and design of the study, and helped to draft the manuscript.
 36. * **Gao, Z.** (2013). The impact of an exergaming intervention on urban school children's physical activity levels and academic outcomes. *Asian Journal of Exercise and Sport Science, 10*(2), 1-10. Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
 37. * **Gao, Z.** (2013). Lessons learned: Promoting children's health through school-based active video game intervention. *Journal of Novel Physiotherapies, S3*, 004. doi: 10.4172/2165-7025.S3-004 Role: conceived the study, participated in its design and coordination, carried out the study, drafted the manuscript.
 38. * **Gao, Z.**, Hannan, P. F., Xiang, P., Stodden, D., & Valdez, V. (2013). Video game-based exercise, Latino children's physical health, and academic achievement. *American Journal of Preventive Medicine, 44*(3S3), s240-s246. <http://dx.doi.org/10.1016/j.amepre.2012.11.023> (impact factor: 4.28) Role: conceived the study, participated in its design and coordination, carried out the study, and drafted the manuscript.
 39. * **Gao, Z.**, Podlog, L., & Huang, C. (2013). Associations among children's situational motivation, physical activity participation, and enjoyment in an interactive dance game.

Journal of Sport and Health Science, 2, 122-128.

<http://dx.doi.org/10.1016/j.jshs.2012.07.001> (impact factor: 1.71) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.

40. * **Gao, Z.**, Xiang, P., Chen, S., & McBride, R. (2013). The influence of student teaching experiences on pre-service PETE student teachers' efficacy and outcome expectancy. *Journal of Teaching, Research, and Media in Kinesiology*, 2, 1-15. Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
41. * **Gao, Z.**, Xiang, P., Lochbaum, M., & Guan, J. (2013). The impact of achievement goals on cardiorespiratory fitness: Does self-efficacy make a difference? *Research Quarterly for Exercise and Sport*, 84(3), 313-322. DOI: 10.1080/02701367.2013.814908. (impact factor: 1.26) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
42. * **Gao, Z.**, Zhang, T., & Stodden, D. (2013). Children's physical activity levels and their psychological correlated in interactive dance versus aerobic dance. *Journal of Sport and Health Science*, 2, 146-151. <http://dx.doi.org/10.1016/j.jshs.2013.01.005> (impact factor: 1.71) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
43. ***Huang, C.**, & **Gao, Z.** (2013). Associations between students' situational interest, mastery experience, and physical activity levels in interactive dance. *Psychology, Health and Medicine*, 18(2), 233-241. DOI:10.1080/13548506.2012.712703 (impact factor: 1.53) Role: conceived the study, participated in its design and coordination, carried out the study, and helped to draft the manuscript.
44. Lodewyk, K., & **Gao, Z.** (2013). Epistemic-motivational profiles of fitness in high school physical education: Implications on indices of fitness engagement. *International Council for Health, Physical Education, Recreation, Sport, and Dance Journal of Research*, 8(2), 3-11. Role: analyzed the data, and helped to draft the manuscript.
45. Podlog, L., **Gao, Z.**, Kenow, L., Kleinert, J., Granquist, M., Newton, M., & Hannon, J. (2013). Injury rehabilitation overadherence: Preliminary scale validation and relationships with athletic identity and self-presentation concerns. *Journal of Athletic Training*, 48(3), 372-381. doi: 10.4085/1062-6050-48.2.20. (impact factor: 1.50) Role: analyzed the data, and helped to draft the manuscript.
46. Stodden, D., True, L., Langendorfer, S., & **Gao, Z.** (2013). Associations among motor skill competence and health-related fitness: Evidence for Seefeldt's proficiency barrier in young adults. *Research Quarterly for Exercise and Sport*, 84(3), 397-403. DOI:10.1080/02701367.2013.814910 (impact factor: 1.26) Role: Analyzed the data, and helped to draft the manuscript.

47. Xiang, P., Chen, S., & **Gao, Z.** (2013). Instructional choices and student engagement in physical education. *Asian Journal of Exercise and Sports Science*, 10(1), 90-97. Role: helped to draft the manuscript.
48. * **Gao, Z.** (2012). Urban Latino school children's physical activity correlates and daily physical activity participation: A social cognitive perspective. *Psychology, Health and Medicine*, 17(5), 542-550. DOI:10.1080/13548506.2011.647699. (impact factor: 1.53) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
49. * **Gao, Z.** (2012). Motivated but not active: The dilemmas of incorporating interactive dance into gym class. *Journal of Physical Activity and Health*, 9, 794-800. (impact factor: 1.95) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
50. * **Gao, Z., Huang, C., Liu, T., & Xiong, W.** (2012). Impact of interactive dance games on urban children's physical activity correlates and behavior. *Journal of Exercise Science and Fitness*. 10,107-112. DOI: 10.1016/j.jesf.2012.10.009 (impact factor: 0.529) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
51. * **Gao, Z., & Podlog, L.** (2012). Urban Latino children's physical activity levels and performance in interactive video dance games: Effects of goal difficulty and goal specificity. *Archives of Pediatrics and Adolescent Medicine*, 166(10), 933-937. doi:10.1001/archpediatrics.2012.649 (impact factor: 4.25) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
52. * **Gao, Z., Podlog, L., & Harrison, L.** (2012). College students' goal orientations, situational motivation and effort/persistence in physical activity. *Journal of Teaching in Physical Education*, 31, 246-260. (impact factor: 1.02) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
53. ***Huang, C., & Gao, Z.** (2012). The effect of after-school physical activities on children's exercise determinants and behaviors. *International Council for Health, Physical Education, Recreation, Sport, and Dance Journal of Research*, 7(1), 18-23. Role: conceived the study, participated in its design and coordination, carried out the study, and helped to draft the manuscript.
54. ***Ning, W., Gao, Z., & Lodewyk, K.** (2012). Associations between socio-motivational factors, physical education activity levels and physical activity behavior among youth. *International Council for Health, Physical Education, Recreation, Sport, and Dance*

- Journal of Research*, 7(1), 3-11. **Role:** conceived the study, participated in its design and coordination, carried out the study, and helped to draft the manuscript.
55. * **Sheng, H., & Gao, Z.** (2012). Ethnicity differences in pedometer-based physical activity levels among adolescent girls. *Journal of Exercise Science and Fitness*, 10, 38-43. doi:10.1016/j.jesf.2012.04.007 (impact factor: 0.529) **Role:** helped to draft the manuscript.
56. Zhang, T., Solmon, M.A., **Gao, Z.**, & Kosma, M. (2012). Promoting school students' physical activity: A social ecological perspective. *Journal of Applied Sport Psychology*, 24, 92-105. DOI: 10.1080/10413200.2011.627083 (impact factor: 1.10) **Role:** helped to draft the manuscript.
57. * **Gao, Z.**, Hannon, J.C., Newton, M., & *Huang, C.* (2011). The effects of curricular activity on students' situational motivation and physical activity levels. *Research Quarterly for Exercise and Sport*, 82(3), 536-544. (impact factor: 1.49) **Role:** conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
58. * **Gao, Z.**, Liu, Y., Lodewyk, K., Zhang, T., & Kosma, M. (2011). Reliability and validity of outcome expectancy-related measures in physical education. *Measurement in Physical Education and Exercise Science*, 15, 155-167. **Role:** conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
59. * **Gao, Z.**, Lochbaum, M., & Podlog, L. (2011). Self-efficacy as a mediator of children's achievement motivation and in-class physical activity. *Perceptual and Motor Skills*, 113(3), 969-981. (impact factor: 0.53) **Role:** conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
60. * **Gao, Z.**, Oh, H., & Sheng, H. (2011). Middle school students' body mass index and physical activity levels in physical education. *Research Quarterly for Exercise and Sport*, 82 (1), 145-150. (impact factor: 1.49) **Role:** conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
61. * **Gao, Z.**, Xiang, P., Lee, A.M., & Kosma, M. (2011). Effect of learning activity on students' motivation, physical activity participation and effort/persistence. *International Council for Health, Physical Education, Recreation, Sport, and Dance Journal of Research*, 6(1), 27-33. **Role:** conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
62. Xiang, P., **Gao, Z.**, & McBride, R. (2011). Examining student teachers' use of instructional choice in physical education. *Research Quarterly for Exercise and Sport*, 82(3), 482-490. (impact factor: 1.49) **Role:** carried out the study, and helped to draft the manuscript.

63. * **Gao, Z.**, Lee, A.M., Solmon, M.A., Kosma, M., Carson, R.L., Zhang, T., Domangue, E., & Moore, D. (2010). Validating pedometer-based physical activity time against accelerometer in middle school physical education. *International Council for Health, Physical Education, Recreation, Sport, and Dance Journal of Research*, 4(1), 11-16. Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
64. * **Gao, Z.**, Lee, A.M., Kosma, M., & Solmon, M.A. (2010). Understanding students' motivation in middle school physical education: Examining the mediating role of self-efficacy on physical activity. *International Journal of Sport Psychology*, 41, 199-215. (impact factor: 1.00) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
65. Lodewyk, K., & **Gao, Z.** (2010). Reflective persistence mediating the role of values on achievement in secondary physical education students. *European Journal of Physical & Health Education*, 3(2), 5-11. Role: helped to draft the manuscript.
66. * **Gao, Z.** (2009). Students' motivation, engagement, satisfaction, and cardiorespiratory fitness in physical education. *Journal of Applied Sport Psychology*, 21, 102-115. (impact factor: 1.20) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
67. * **Gao, Z.**, Hannon, J.C., & Carson, R.L. (2009). Middle school students' heart rates during different curricular activities in physical education. *International Council for Health, Physical Education, Recreation, Sport, and Dance Journal of Research*, 4(1), 16-19. Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
68. * **Gao, Z.**, Kosma, M., & Harrison, L. Jr. (2009). Ability beliefs, task value, and performance as a function of race in a dart-throwing task. *Research Quarterly for Exercise and Sport*, 80, 122-130. (impact factor: 1.49) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
69. * **Gao, Z.**, Lee, A.M., Solmon, M.A., & Zhang, T. (2009). Changes of middle school students' motivation toward physical education over one school year. *Journal of Teaching in Physical Education*, 28, 378-399. (impact factor: 1.02) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
70. * **Gao, Z.**, Lodewyk, K., & Zhang, T. (2009). The role of ability beliefs and incentives in middle school students' intentions, cardiovascular fitness, and effort. *Journal of Teaching in Physical Education*, 28, 3-20. (impact factor: 1.02) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.

71. * **Gao, Z.**, & Newton, M. (2009). Examining the mediating role of strategy use on students' motivation and effort/persistence in physical education. *Journal of Sport Behavior*, 32(3), 278-297. Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
72. * **Gao, Z.** (2008). The role of perceived competence and enjoyment in predicting students' physical activity levels and cardiorespiratory fitness. *Perceptual and Motor Skills*, 107, 365-372. (impact factor: 0.56) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
73. * **Gao, Z.** (2008). College students' motivation in weight training: A combined perspective. *Journal of Sport Behavior*, 31 (1), 22-43. Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
74. * **Gao, Z.**, & Kosma, M. (2008). Intention as a mediator of weight training behavior among college students: An integrative framework. *Journal of Applied Sport Psychology*, 20, 363-374. (impact factor: 1.20) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
75. * **Gao, Z.**, Lee, A.M., & Harrison, L. Jr. (2008). Understanding students' motivation in sport and physical education: From the expectancy-value model and self-efficacy theory perspectives. *Quest*, 60, 236-254. (impact factor: 1.01) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
76. * **Gao, Z.**, Newton, M., & Carson, R.L. (2008). Students' motivation, physical activity levels, and health-related physical fitness in fitness class. *Middle Grades Research Journal*, 3(4), 21-39. Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
77. * **Gao, Z.**, & Xiang, P. (2008). College students' motivation toward weight training class: An application of Expectancy-value Model. *Journal of Teaching in Physical Education*, 27, 399-415. (impact factor: 1.02) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
78. * **Gao, Z.**, Xiang, P., Harrison, L. Jr., Guan, J., & Rao, Y. (2008). A cross-cultural analysis of self-efficacy and achievement goals between American and Chinese college students in physical education. *International Journal of Sport Psychology*, 39, 1-18. (impact factor: 1.00) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
79. * **Gao, Z.**, Xiang, P., Lee, A.M., & Harrison, L. Jr. (2008). Self-efficacy and outcome expectancy in beginning weight training class: Their relations to behavioral intentions and

actual behavior. *Research Quarterly for Exercise and Sport*, 79, 92-100. (impact factor: 1.49) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.

80. * **Gao, Z.**, Hannon, J.C., & Yi, X. (2007). Exploring the role of self-efficacy and three types of outcome expectations in weight training. *Perceptual and Motor Skills*, 105, 707-713. (impact factor: 0.56) Role: conceived the study, participated in its design and coordination, carried out the study, analyzed the data, and drafted the manuscript.
- **Selected Non Peer-Reviewed Journal Articles from over 100 first-authored Publications**
1. **Gao, Z.** (2001a). Forward: The smart artist. *Football World*, 4, 19.
 2. **Gao, Z.** (2001b). Analysis of different types of midfielders in soccer. *Football World*, 10, 21.
 3. **Gao, Z.** (2001c). The legends of famous midfielders. *Football World*, 10, 22.
 4. **Gao, Z.** (2000a). Robert Baggio: The talented soccer star. *Global Sports*, 4, 10-15.
 5. **Gao, Z.** (2000b). The amazing soccer games in the five European Leagues. *New Sports*, 10, 18-25.
 6. **Gao, Z.** (2000c). Three competitive soccer games in European Leagues. *Soccer Night*, 11, 20-26.
 7. **Gao, Z.** (2000d). The secret weapons of the famous soccer players. *Football World*, 12, 31.
 8. **Gao, Z.** (2000e). The stories inside different nationalities of the soccer players. *Football World*, 11, 20.
 9. **Gao, Z.** (2000f). The evolution of soccer tactics in the past century. *Football World*, 5, 24-25.
 10. **Gao, Z.** (1999a). Analysis of the Chinese National Olympic Male Soccer Team. *Football World*, 5, 3.
 11. **Gao, Z.** (1999b). How do own goals happen in soccer games? *Football World*, 20, 17.
 12. **Gao, Z.** (1999c). The three goals within one quarter. *Football World*, 21, 5.
 13. **Gao, Z.** (1999d). Where is the future for Chinese male soccer? *Football World*, 23, 3.
 14. **Gao, Z.** (1999e). Soccer brokers: Catalyst of the soccer industry. *Football World*, 23, 14 - 15.

15. **Gao, Z.** (1998a). Strategies for soccer head coaches before tournaments. *Football World*, 19, 13.
16. **Gao, Z.** (1998b). How can former soccer professionals become excellent referees? *Chinese Football Newspaper*, 8.
17. **Gao, Z.** (1998c). The dark sides of the 1998 Soccer World Cup. *Beijing Youth Daily*, July, 21.
18. **Gao, Z.** (1998d). The Secrets of Brazil soccer. *Chinese Sports Daily*, June, 6.
19. Chu, B., & **Gao, Z.** (1998). Nerve types and personality features of female youth soccer players. *Sports Science Analects*, 496-502.
20. **Gao, Z.** (1997). Soccer offense and defense principles. *Football World*, 21, 18 -19.

- **Published Conference Proceedings**

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

1. *Cheung, N., Zeng, N., Lee, J., & Gao, Z.* (2016). *Exergaming and rehabilitation in older adults: A systematic review*. 3rd International Chinese Society for Physical Activities and Health Forum Proceedings (pp. 44). Minneapolis, MN.
2. *Lee, J., & Gao, Z.* (2016). *Secular trends in relationship among psychosocial beliefs, physical activity intention and behavior among children*. 3rd International Chinese Society for Physical Activities and Health Forum Proceedings (pp. 25). Minneapolis, MN.
3. *Pope, Z., Lee, J., & Gao, Z.* (2016). *Effects of exergaming intervention on children's psychosocial beliefs and school day energy expenditure*. 3rd International Chinese Society for Physical Activities and Health Forum Proceedings (pp. 43). Minneapolis, MN.
4. *Zeng, N., & Gao, Z.* (2016). *Exergaming and motor Skills among youth and young adults: A systematic review*. 3rd International Chinese Society for Physical Activities and Health Forum Proceedings (pp. 38). Minneapolis, MN.
5. **Gao, Z.,** Hannah, P., Barr-anderson, D., Larson, N., Thul C., & Neumark-Sztainer, D. (2015). *Growth trajectories of individuals' physical activity, sedentary behaviors, and BMI from childhood through young adulthood*. International Society of Behavioral Nutrition and Physical Activity annual meeting proceedings (pp. 618), Scotland, UK.
6. **Gao, Z.,** *Huang, C., Stodden, D., Roncesvalles, N., & Pope, Z.* (2015). *Trajectory changes of children's daily physical activity and sedentary behaviors over two years: Effects of exergaming and physical education*. International Society of Behavioral Nutrition and Physical Activity annual meeting proceedings (pp. 29), Scotland, UK.

7. **Pope, Z., & Gao, Z.** (2015). *Kindergartner's accelerometer-determined physical activity and sedentary behaviors in exergaming*. International Society of Behavioral Nutrition and Physical Activity annual meeting proceedings (pp. 30), Scotland, UK.
8. **Pope, Z., Lee, J., Zhang, D., & Gao, Z.** (2015). *Validation of physical activity survey for during school activities in urban children*. International Society of Behavioral Nutrition and Physical Activity annual meeting proceedings (pp. 584), Scotland, UK.
9. **Roure, C., Pasco, D., Kermarrec, G., & Gao, Z.** (2015). High school students' situational interest predicting physical activity levels in exergaming. International Society of Behavioral Nutrition and Physical Activity annual meeting proceedings (pp. 396), Scotland, UK.
10. **Lee, J., & Gao, Z.** (2014). *Demographic correlates in children's physical activity and physical fitness in exergaming*. 2nd International Chinese Society for Physical Activities and Health Forum Proceedings (pp.53). St. Louis, MO.
11. **Gao, Z.** (2014). *Children's physical activity levels in physical education, recess, lunch time and after-school*. 2014 Collaborative Congress-Steps into the future: Exploring opportunities and facing the challenges of the 21st century Conference Proceedings (pp. 36-37). San Diego, CA.
12. **Gao, Z., & Liu, Y.** (2013). *Children's pedometer-based physical activity levels in active dance video games: Effect of body mass index*. 1st International Chinese Society for Physical Activities and Health Forum Proceedings (pp.11). Charlotte, NC.
13. **Gao, Z., & Huang, C.** (2013). *Association among elementary children's intrinsic motivation, rate of perceived exertion and physical activity in DDR*. International Council for Health, Physical Education, Recreation, Sport, and Dance Forum Proceedings (pp.8-9). Charlotte, NC.
14. **Tian, Z., Sun, Q., & Gao, Z.** (2013). *Current status and analysis of construction of college sports system among top tier universities in China*. 1st International Chinese Society for Physical Activities and Health Forum Proceedings (pp.36). Charlotte, NC.
15. **Gao, Z.** (2011). *Project GAME: Gaming Approaches for More Exercise*. The Society of Chinese Scholars on Exercise Physiology and Fitness 2011 annual conference proceedings (pp. 23-27). Kao Hsiung, Taiwan.
16. **Gao, Z.** (2011). *Impact of an interactive video game on urban children's academic motivation and performance*. The International Society of Comparative Physical Education and Sport 2011 annual conference proceedings (pp. 31). Shanghai, China.
17. **Gao, Z., Xiang, P., Lochbaum, M.** (2011). *Relationships between children's hierarchical ability beliefs, cardiovascular fitness and achievement behaviors*. The International

Society of Comparative Physical Education and Sport 2011 annual conference proceedings (pp. 53). Shanghai, China.

18. Huang, C., & Gao, Z. (2011). *Using physically interactive video game as an extracurricular physical activity*. The International Society of Comparative Physical Education and Sport 2011 annual conference proceedings (pp. 44-45). Shanghai, China.
19. Ning, W., & Gao, Z. (2011). *Literature review on effect of physical activity on students' cognitive abilities and academic achievement*. The International Society of Comparative Physical Education and Sport 2011 annual conference proceedings (pp. 44). Shanghai, China.
20. Gao, Z., & Yi, X. (2008). *Students' perceived competence, enjoyment, physical activity levels, and cardiorespiratory fitness in physical education*. International Convention on Science, Education and Medicine in Sport 2008 Conferences Proceedings (pp. 133-134). Guangzhou, China.
21. Gao, Z., Hannon, J.C., & Carson, R.L. (2008). *The effects of curricular activities on middle school students' heart rate-based physical activity outcomes in physical education*. Southwest Alliance of Health, Physical Education, Recreation, and Dance 2008 Conferences Proceedings (pp. 51-54). Waikoloa, HI.
22. Gao, Z., & Lee, A. (2007). *Understanding students' motivation in physical education: Integration of expectancy-value model and self-efficacy theory*. In P. Xiang (Ed.), *Special Interest Group: Research on Teaching and Learning in Physical Education 2007 Conferences Proceedings - American Educational Research Association* (pp. 39-44). College Station, TX: Texas A&M University.

- **Interviews**

- **Internet**

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

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

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

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

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

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

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

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

“Professor Zan Gao Using Video Games to Reduce Childhood Obesity”. The Chinese American Professors and Professionals Network. (July 26, 2012).
<http://scholarsupdate.zhongwenlink.com/news.asp?NewsID=8218>

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

TV

“Exercise-Based Video Games May Improve Students’ Fitness, Grades”. KSTP.
<http://hennepin.kstp.com/news/news/378172-exercise-based-video-games-may-improve-students-fitness-grades> (September 25, 2013).

Newspaper

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

Magazine

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

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

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

- **Pending Publications**

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

1. **Gao, Z.**, Pope, Z., Zeng, N., Li, X., & Liu, W. (in preparation). Accuracy of smartwatches in assessing energy expenditure during rest and exercise. *MSSE*.
2. **Gao, Z.**, Barr-Anderson, D., Larson, N., Thul C., Pope, Z., & Neumark-Sztainer, D. (in review). Trends of physical activity, media use, and weight status from adolescence to young adulthood. *Journal of Adolescent Health*.
3. Le, Y., **Gao, Z.**, Gomez, S., Pope, Z., Dong, R., Allen, L., Chang, M., & Wang, J. (in review). Chinese American Breast Cancer Survivors’ physical activity behavior: A descriptive study. *Journal of Cancer Survivorship*.
4. *Pope, Z., Huang, C., & Gao, Z.* (in review). Comparison of children’s recess and after-school physical activity: Effects of school days and weight status. *Research Quarterly for Exercise and Sport*.
5. Zeng, Z., Gao, X., Liu, Y., *Lee, J.*, & **Gao, Z.** (in review). Stability of using motion sensors to measure children’s physical activity levels in exergaming. *Games for Health Journal*.

Presentations

Invited Presentations at Professional Meetings, Conferences, etc.

1. **Gao, Z.** (2014, April). *Promoting physical activity and academic achievement through school-based exergaming interventions*. Presented at Minnesota Communities Caring For Children 7th Annual Healing Vessels Forum in St. Paul, MN, 2014
2. **Gao, Z.** (2013, April). *Evolution of school-based exergaming interventions*. Presented at National Association for Sport and Physical Education in Charlotte, NC, 2013 (Keynote Speaker).
3. **Gao, Z.** (2013, February). *Impact of Exergaming on Latino children's physical health and academic achievement*. Project presented at American College of Preventive Medicine annual meeting in Scottsdale/Phoenix, Arizona (Keynote Speaker).
4. **Gao, Z., & Xiang, P.** (2011, September). *Gaming Approaches to Promote Exercise*. Project presented at Robert Wood Johnson Foundation Salud America! annual summit meeting in San Antonio, TX, 2011.
5. **Gao, Z.** (2011, July 16th -17th). *Project GAME: Gaming Approaches for More Exercise*. Project presented at The Society of Chinese Scholars on Exercise Physiology and Fitness 2011 annual conference in Kao Hsiung, Taiwan, 2011 (Keynote Speaker).
6. **Gao, Z.** (2011, July 20th). *Project GAME*. Project presented at 2011 International Conference on Sport Science (Lifestyle management: A long-term wellness education) in Hong Kong (Keynote Speaker).
7. **Gao, Z.** (2010, September). *Integrating Dance Dance Revolution to Promote Urban Latino School Children's Physical Health and Academic Achievement*. Project presented at Robert Wood Johnson Foundation Salud America! annual summit meeting in San Antonio, TX, 2010.
8. **Gao, Z.,** Montenegro, R., Valdez, V.E., Hannon, J. C., & Xiang, P. (2009, November). *Integrating Dance Dance Revolution to promote urban Latino school children's physical health and academic achievement: Project GAME*. Project presented at Robert Wood Johnson Foundation Healthy Kids, Healthy Nation Conference in Atlanta, GA, 2009.
9. **Gao, Z.,** Montenegro, R., Valdez, V.E., Hannon, J. C., & Xiang, P. (2009, September). *Integrating Dance Dance Revolution to promote urban Latino school children's physical health and academic achievement: Project GAME*. Project presented (both poster presentation and oral presentation) at Robert Wood Johnson Foundation Salud America! annual summit meeting in San Antonio, TX, 2009.
10. **Gao, Z.,** Hannon, J.C., Newton, M., & Huang, C. (2009, March). *The effects of learning activity on students' situational motivation and physical activity levels in physical education*. Paper presented at the American Alliance of Health, Physical Education,

Recreation, and Dance in Tampa, FL, 2009. [**Funded by 2008-2009 AAHPERD Research Consortium Seed Grants**]

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

Contributed Papers Presented at Professional Meetings, Conferences, etc.

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

1. **Gao, Z.**, Li, X., Zeng, N., Pope, Z., Yang, H., Liu, W... He, W. (2017 June). *Accuracy of smartwatches in assessing college students' energy expenditure in exercise with different intensities*. Presented at American College of Sports Medicine annual meeting in Denver, CO, 2017.
2. Lee, J., Pope, Z., Zeng, N., Zhang, Y., & **Gao, Z.**, (2017 June). *Associations among objectively-determined physical activity, cardiorespiratory fitness and cognitive function in preschool children*. Presented at American College of Sports Medicine annual meeting in Denver, CO, 2017.
3. Pope, Z., Liao, N., Han, C., Zeng, N., & **Gao, Z.**, (2017 June). *Predicting biomarkers through affordable fitness band in Chinese breast cancer survivors*. Presented at American College of Sports Medicine annual meeting in Denver, CO, 2017.
4. Pope, Z., Zeng, N., & **Gao, Z.**, (2017 June). *Effects Of mhealth apps on physical activity and weight loss outcomes: A meta-analysis*. Presented at American College of Sports Medicine annual meeting in Denver, CO, 2017.
5. Zeng, N., Li, X., Yang, H., Liu, W., Xiong, H., Chen, Y... **Gao, Z.**, (2017 June). *The effect of different types of exercise on energy expenditure in college students*. Presented at American College of Sports Medicine annual meeting in Denver, CO, 2017.
6. Zeng, N., Han, C., Liao, N., Pope, Z., & **Gao, Z.**, (2017 June). *Relationships among psychosocial outcomes and physical fitness in breast cancer survivors*. Presented at American College of Sports Medicine annual meeting in Denver, CO, 2017.
7. **Gao, Z.**, Leininger, B., Schulz, C., Bronfort, G., Evans, R., Pope, Z., Zeng, N., & Haas, M. (2017 March). *Relationships between physical activity and low back pain in adolescents*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
8. Fautsch, K., Pope, Z., Zeng, N., Zhang, Y., & **Gao, Z.**, (2017 March). *Exercise modalities on physical activity and behavior in ASD children*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.

9. Lee, J., Pope, Z., Zeng, N., Zhang, Y., & **Gao, Z.**, (2017 March). *Effect of home-based Exergaming on preschool children's cognitive function and cardiorespiratory fitness*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
10. Li, X., Peng, Q., Tan, J., Yang, H., He, W., Zeng, N., & **Gao, Z.** (2017 March). *Relationships among Chinese college children's motives and physical activity behavior*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
11. Peng, Q., Li, X., Tan, J., Yang, H., He, W., Zeng, N., & **Gao, Z.** (2017 March). *Associations among college students' physical activity, sedentary time and health*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
12. Pope, Z., & **Gao, Z.**, (2017 March). *Effectiveness of smartphone-based physical activity intervention on college student health: Randomized-controlled trial*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
13. Pope, Z., Lee, J., Zeng, N., & **Gao, Z.**, (2017 March). *Validity of smartwatches in assessing energy expenditure and heart rate*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
14. Zeng, N., Lee, J., Pope, Z., & **Gao, Z.**, (2017 March). *Comparison of physiological and psychological outcomes between normal weight and overweight/obese college students during Exergaming*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
15. Zeng, N., Lee, J., Pope, Z., Li, X., & **Gao, Z.**, (2017 March). *Relationship among College students' physiological outcomes during exergame play*. Presented at Society for Health and Physical Educators annual meeting in Boston, MA, 2017.
16. **Gao, Z.**, Lee, J., Stodden, D., & Roncesvalles, R. (2016). *Trajectory changes of children's energy expenditure and physical activity: The effect of physical activity regiment*. Presented at American College of Sports Medicine annual meeting in Boston, MA, 2016.
17. **Gao, Z.**, Lee, J., Stodden, D., Roncesvalles, R., & Pasco, D., & Huang, C. (2016). *Effect of exergaming on children's energy expenditure and physical activity*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
18. **Gao, Z.**, Lee, J., & Zhang, P. (2016). *Children's energy expenditure and physical activity during weekdays and weekends*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.

19. Cheung, N., Zeng, N., Lee, J., & Gao, Z. (2016). *Exergaming and rehabilitation in older adults: A systematic review*. Presented at Chinese Society for Physical Activities and Health Forum in Minneapolis, MN, 2016.
20. Lee, J., & Gao, Z. (2016). *Dynamic relationship among elementary school children's psychosocial beliefs, outside school physical activity and screen time*. Presented at American College of Sports Medicine annual meeting in Boston, MA, 2016.
21. Lee, J., & Gao, Z. (2016). *Secular trends in relationship among psychosocial beliefs, physical activity intention and behavior among children*. Presented at International Chinese Society for Physical Activities and Health Forum in Minneapolis, MN, 2016.
22. Lee, J., Stodden, D., & Gao, Z. (2016). *Impact of exergaming on children's motor skills and health-related fitness*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
23. Lee, J., & Gao, Z. (2016). *Relationships among children's psychosocial beliefs, physical activity and cardiorespiratory fitness*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
24. Pope, Z., Lee, J., Li, X., & Gao, Z. (2016). *Effects of exergaming on college students' energy expenditure, physical activity and enjoyment*. Presented at American College of Sports Medicine annual meeting in Boston, MA, 2016.
25. Pope, Z., Zeng, N., Lee, J., Cheung, N., Niswonger, H., Veldhouse, A., & Gao, Z. (2016). *A meta-analysis of effects of exergaming on individuals' rehabilitation*. Presented at Exercise Is Medicine World Congress in Boston, MA, 2016.
26. Pope, Z., Lee, J., & Gao, Z. (2016). *Effects of exergaming intervention on children's psychosocial beliefs and school day energy expenditure*. Presented at Chinese Society for Physical Activities and Health Forum in Minneapolis, MN, 2016.
27. Pope, Z., Lee, J., & Gao, Z. (2016). *Exergaming and children's before and after School physical activity behaviors*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
28. Pope, Z., Lee, J., & Gao, Z. (2016). *Effects of Exergaming on Urban Children's Physical Activity and Fitness*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
29. Zeng, N., Pope, Z., Lee, J., Li, X., & Gao, Z. (2016). *College students' situational motivation, energy expenditure, and blood pressure in exergaming and treadmill walking*. Presented at American College of Sports Medicine annual meeting in Boston, MA, 2016.

30. Zeng, N., & Gao, Z. (2016). *Exergaming and motor Skills among youth and young adults: A systematic review*. Presented at Chinese Society for Physical Activities and Health Forum in Minneapolis, MN, 2016.
31. Nelson, R., Kaase, K., Niswonger, H., Cheung, N., Pope, Z., Zeng, N., & Gao, Z. (2016). *Effects of active video games on rehabilitation outcomes among patients*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
32. Swenson, S., Cheung, N., Pope, Z., & Gao, Z. (2016). *Objectively-measured determined physical activity levels during structured exercise among home-school children*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
33. Pasco, D., & Gao, Z. (2016). *Effects of Exerbike on adults' physical activity and situational motivation*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
34. Yi, X., & Gao, Z. (2016). *Effects of exercise on health outcomes among risk older adults*. Presented at Society for Health and Physical Educators annual meeting in Minneapolis, MN, 2016.
35. Gao, Z., Hannah, P., Barr-anderson, D., Larson, N., Thul C., & Neumark-Sztainer, D. (2015). *Growth trajectories of individuals' physical activity, sedentary behaviors, and BMI from childhood through young adulthood*. Paper presented at International Society of Behavioral Nutrition and Physical Activity annual meeting in Edinburgh, Scotland, 2015.
36. Gao, Z., Lee, J., & Pope, Z. (2015). *Effect of two physical activity interventions on preschool children's cognitive functions and perceived competence*. Paper presented at American College of Sports Medicine annual meeting in San Diego, CA, 2015.
37. Gao, Z., Pope, Z., & Huang, C. (2015). *Associations between children's health-related fitness and physical activity in exergaming*. Paper presented at American College of Sports Medicine in San Diego, CA, 2015.
38. Gao, Z., Huang, C., Stodden, D., Roncesvalles, N., & Pope, Z. (2015). *Trajectory changes of children's daily physical activity and sedentary behaviors over two years: Effects of exergaming and physical education*. Paper presented at International Society of Behavioral Nutrition and Physical Activity annual meeting in Edinburgh, Scotland, 2015.
39. Gao, Z., Gao, X., Liu, Y., Lee, J. (2015). *Assessing physical activity levels through motion sensors in exergaming*. Paper presented at Society for Health and Physical Educators annual meeting in Seattle, WA, 2015.
40. Chen, S., Nam, Y., Gao, Z., & Welk, G.J. (2015). *Intervening in adolescents' knowledge and motivation about energy balance*. Paper presented at American College of Sports Medicine annual meeting in San Diego, CA, 2015.

41. Fu, Y., **Gao, Z.**, Hannon, J.C., & Burns, R. (2015). *Effect of SPARK on students' academic learning time in physical education*. Paper presented at Society for Health and Physical Educators annual meeting in Seattle, WA, 2015.
42. Fu, Y., **Gao, Z.**, Hannon, J.C., Allen, B., & Burns, R. (2015). *Effect of SPARK on physical activity, cardiorespiratory endurance, and motivation in middle-school students*. Paper presented at American College of Sports Medicine annual meeting in San Diego, CA, 2015.
43. Lee, J., & **Gao, Z.** (2015). *The acute effect of exergaming on elementary school children's Mood*. Paper presented at American College of Sports Medicine annual meeting in San Diego, CA, 2015.
44. Lee, J., Zhang, D., Nour, A., Miller, J., Liu, Z., Ignaszewski, C., Gmitterko, N., & **Gao, Z.** (2015). *Effects of exergaming on children's classroom behaviors and effort*. Paper presented at Society for Health and Physical Educators annual meeting in Seattle, WA, 2015.
45. Roure, C., Pasco, D., Kermarrec, G., & **Gao, Z.** (2015). *High school students' situational interest predicting physical activity levels in exergaming*. Paper presented to International Society of Behavioral Nutrition and Physical Activity annual meeting in Edinburgh, Scotland, 2015.
46. Pasco, D., & **Gao, Z.** (2015). *Impact of exergaming on high school students' situational motivation and physical activity levels*. Paper presented at 2015 Association Internationale des Ecoles Superieures d'Education Physique (International Association for Physical Education in Higher Education) annual meeting.
47. Pope, Z., & **Gao, Z.** (2015). *Kindergartner's accelerometer-determined physical activity and sedentary behaviors in exergaming*. Paper presented at International Society of Behavioral Nutrition and Physical Activity annual meeting in Edinburgh, Scotland, 2015.
48. Pope, Z., Lee, J., Zhang, D., & **Gao, Z.** (2015). *Validation of physical activity survey for during school activities in urban children*. Paper presented at International Society of Behavioral Nutrition and Physical Activity annual meeting in Edinburgh, Scotland, 2015.
49. Pope, Z., Gmitterko, N., Nour, A., & **Gao, Z.** (2015). *Effectiveness of smartphone based physical activity on individuals' health outcomes*. Paper presented at Society for Health and Physical Educators annual meeting in Seattle, WA, 2015.
50. Pope, Z., Huang, C., & **Gao, Z.** (2015). *Comparison of children's recess and after-school physical activity: Effects of school days and weight status*. Paper presented at American College of Sports Medicine annual meeting in San Diego, CA, 2015.

51. Pope, Z., Lee, J., Zhang, D., & Gao, Z. (2015). *Association between urban children's psychosocial beliefs and their outside school physical activity*. Paper presented at American College of Sports Medicine in San Diego, CA, 2015.
52. Li, W., Xiang, P., Shen, B., & Gao, Z. (2015). *Impact of national physical activity and health documents and guidelines on research in teaching K-12 physical education*. Paper presented at National Meeting of the American Education Research Association, 2015.
53. Gao, Z. (2014, January). *Children's physical activity levels during physical education, recess, lunch-time and after-school*. Paper presented at the National Association for Kinesiology in Higher Education Collaborative Conference and International Congress in San Diego, CA.
54. Gao, Z. (2014, May). *The role of exergaming in contributing to children's daily physical activity levels*. Paper presented at The Games for Increasing Physical Activity Conference in Houston, TX.
55. Gao, Z. (2014, August). *The role of active video games in promoting health among children*. Paper presented at North American Society for Pediatric Exercise Medicine in Minneapolis, MN, 2014.
56. Gao, Z., Chen, S., & Pasco, D. (2014, May). *Effects of exergaming on children's health outcomes: A meta-analysis*. Paper presented at Congress of Exercise is Medicine annual meeting in Orlando, FL, 2014.
57. Gao, Z., Huang, C., Stodden, D., Chen, S., & Feng, D. (2014, May). *Children's physical activity levels in school-based and after school programs*. Paper presented at American College of Sports Medicine annual meeting in Orlando, FL, 2014.
58. Gao, Z., Stodden, D., & Feng, D. (2014, April). *Associations among elementary children's motor skills, fitness and physical activity*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
59. Gao, Z., Stodden, D., Huang, C., & Feng, D. (2014, April). *Impact of exergaming on elementary children's physical activity levels*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
60. Gao, Z., & Xiang, P. (2014, April). *Effects of DDR-based exercise on children's self-esteem and physical activity*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
61. Chen, S., Xiang, P., & Gao, Z. (2014, April). *Relationships between students' perceived relatedness and motivational outcomes in PE*. Paper presented at American Alliance of

- Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
62. *Fu, Y., & Gao, Z.* (2014, April). *Impact of BMI on children's fitness and enjoyment in PE.* Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
 63. *Huang, C., & Gao, Z.* (2014, April). *Physical activity, Social-Cognitive variables, and stages of change in adolescents.* Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
 64. *Lee, J., Gao, Z., & Nelson, T.F.* (2014, April). *The role of youth sports in promoting children's physical activity.* Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
 65. *Lee, J., & Gao, Z.* (2014, April). *Demographic correlates in children's physical activity and physical fitness in exergaming.* Paper presented at International Chinese Society for Physical Activities and Health Forum in St. Louis, MO, 2014.
 66. *Pope, Z., Gao, Z.* (2014, August). *Examining young children's physical activity levels in an exergaming program through accelerometers and pedometers: Age and gender differences.* Paper presented at North American Society for Pediatric Exercise Medicine in Minneapolis, MN, 2014.
 67. *Yi, X., Gao, Z., & Chen, L.* (2014, April). *Examining Social Ecological determinants of RPA among Chinese Elderly.* Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in St. Louis, MO, 2014.
 68. *Zhang, D., Liu, Z., & Gao, Z.* (2014, April). *Effect of static and dynamic exercise intervention to desk-type people with spinal disease.* Paper presented at International Chinese Society for Physical Activities and Health Forum in St. Louis, MO, 2014.
 69. *Gao, Z., Stodden, D., & Ning, W.* (2013, May). *A comparison of young children's physical activity levels in physical education, recess and exergaming.* Paper presented at annual meeting of World Congress of Exercise is Medicine in Indianapolis, IN, 2013.
 70. *Gao, Z., Lewis, B., & Kosma, M.* (2013, May). *Using the Transtheoretical Model to examine the effects of exergaming on physical activity among children.* Paper presented at American College of Sports Medicine annual meeting in Indianapolis, IN, 2013.
 71. *Gao, Z.* (2013, April). *Children's physical activity levels in DDR by body mass index.* Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.

72. **Gao, Z.** & Xiang, P. (2013, April). *Children's physical activity levels in interactive dance across skill levels*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
73. **Gao, Z.**, Stodden, D., & Zhang, T. (2013, April). *Examining the mediating role of perceived competence in exergaming Activities*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
74. **Gao, Z.**, & Huang, C. (2013, April). *Association among elementary children's intrinsic motivation, rate of perceived exertion and physical activity in DDR*. Paper presented at the 2013 International Council for Health, Physical Education, Recreation, Sport, and Dance Forum in Charlotte, NC, 2013.
75. **Gao, Z.**, & Liu, Y. (2013, April). *Children's pedometer-based physical activity levels in active dance video games: Effect of body mass index*. Paper presented at International Chinese Society for Physical Activities and Health Forum in Charlotte, NC, 2013.
76. Fu, Y., & **Gao, Z.** (2013, May). *The influence of health-related physical fitness model on children's physical activity levels and motivation*. Paper presented at American College of Sports Medicine annual meeting in Indianapolis, IN, 2013.
77. Fu, Y., & **Gao, Z.** (2013, April). *Age and gender differences of adolescents' physical activity in PE*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
78. Zhang, T., Thomas, K., & **Gao, Z.** (2013, April). *Fitness mediates motor skills and physical activity in Hispanic children*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
79. Huang, C., **Gao, Z.** & Ning, W. (2013, April). *Body fat influences children's perceived competence, physical activity, and fitness*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
80. Ning, W., & **Gao, Z.** (2013, April). *Associations between adolescents' situational motivation and physical activity in PE*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
81. Ning, W., **Gao, Z.**, Hart, M., Zhang, Y., & Burley, H. (2013, April). *A meta-analysis of physiological and psychological benefits of exergaming*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
82. Huang, C., & **Gao, Z.** (2013, April). *Protection Motivation Theory-based beliefs predicts adolescents' physical activity and intention*. Paper presented at American Alliance of

- Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
83. **Huang, C., & Gao, Z.** (2013, April). *Using motivational and volitional interventions to promote adolescents' physical activity*. Paper presented at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Charlotte, NC, 2013.
 84. **Tian, Z., Sun, Q., & Gao, Z.** (2013, April). *Current status and analysis of construction of college sports system among top tier universities in China*. Paper presented at International Chinese Society for Physical Activities and Health Forum in Charlotte, NC, 2013.
 85. **Gao, Z.,** Xiang, P., & Stodden, D. (2012, May). *Impact of an integrative dance based program on urban children's physical fitness and academic achievement*. Paper presented at the annual meeting of the American College of Sports Medicine annual meeting in San Francisco, CA, 2012.
 86. **Gao, Z.** & Zhang, T. (2012, May). *Children's physical activity levels and their psychological correlated in interactive dance versus aerobic dance*. Paper presented at the annual meeting of World Congress of Exercise is Medicine in San Francisco, CA, 2012.
 87. **Zhang, T., & Gao, Z.** (2012, May). *Motor skill competence and physical activity: Perceived competence as a mediator*. Paper presented at the annual meeting of the American College of Sports Medicine annual meeting in San Francisco, CA, 2012.
 88. **Gao, Z., & Huang, C.** (2012, March). *Children's motivation, perceived exertion and physical activity levels in exergaming*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
 89. **Gao, Z.,** Liu, Y., You, F., & Ning, W. (2012, March). *Fourth graders' PA levels in interactive dance across weight status*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
 90. **Gao, Z.,** Ning, W., & Stodden, D. (2012, March). *Elementary children's self-efficacy, enjoyment and perceived exertion in exergaming*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
 91. **Gao, Z., & Xiang, P.** (2012, March). *Impact of interactive dance on children's PA and body composition*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.

92. Fu, Y., & Gao, Z. (2012, March). *Comparing children's physical activity levels in DDR and aerobic dance*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
93. Ning, W., & Gao, Z. (2012, March). *Children's exercise determinants and physical education in-class activity levels in predicting physical activity behavior*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
94. Ning, W., & Gao, Z. (2012, March). *Role of exergaming in promoting physical activity and health*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
95. Huang, C., & Gao, Z. (2012, March). *The effect of after-school physical activities on children's exercise determinants and behaviors*. Paper for presentation at American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Boston, MA, 2012.
96. Xiang, P., Chen, S., & Gao, Z. (2012, July). *Instructional choices and student engagement in physical education*. Paper accepted for presentation at the Third International Conference on Sport and Society, Cambridge University, UK, 2012.
97. Stodden, D., Langendorfer, S. Goodway, J., Ferkel, R., & Gao, Z. (2012, June). *The relationships among motor skill competence and health-related fitness across childhood*. Paper presented at The North American Society for the Psychology of Sport and Physical Activity in Honolulu, Hawaii, 2012.
98. Gao, Z. (2011, March). *School children's enjoyment toward traditional games and interactive dance games*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in San Diego, CA, 2011.
99. Gao, Z. (2011, June). *Impact of an interactive video game on urban children's academic motivation and performance*. Paper presented at The International Society for Comparative Physical Education and Sport meeting (Physical Education and Sport: Challenges and Future Directions), Shanghai, China, 2011.
100. Gao, Z., Hannon, J.C., Newton, M., & Huang, C. (2011, May). *Effects of goal setting on Latino children's performance and physical activity in Dance Dance Revolution*. Paper presented at the American College of Sports Medicine annual meeting in Denver, CO, 2011.
101. Gao, Z., Valdez, V.E., & Xiang, P. (2011, May). *The impact of structured exercise program on urban children's physical health and academic performance*. Paper presented at annual meeting of World Congress of Exercise is Medicine in Denver, CO, 2011.

102. **Gao, Z.**, Xiang, P., & Lochbaum, M. (2011, June). *Examining the relationships between children's hierarchical ability beliefs, cardiovascular fitness and achievement behaviors*. Paper presented at The International Society for Comparative Physical Education and Sport meeting (Physical Education and Sport: Challenges and Future Directions), Shanghai, China, 2011.
103. **Gao, Z.**, Xiang, P., & McBride, R.E. (2011, April). *The influence of student teaching on physical education student teachers' self-efficacy and outcome expectancy beliefs*. Paper presented at the American Education Research Association, New Orleans, LA, 2011.
104. **Gao, Z.**, Xiang, P., Sheng, H., & Lodewyk, K.R. (2011, March). *Examining adolescent girls' physical activity participation and determinants*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in San Diego, CA, 2011.
105. *Huang, C.*, & **Gao, Z.** (2011, June). *Using physically interactive video game as an extracurricular physical activity*. Paper presented at The International Society for Comparative Physical Education and Sport meeting (Physical Education and Sport: Challenges and Future Directions), Shanghai, China, 2011.
106. *Huang, C.*, & **Gao, Z.** (2011, May). *Urban children's situational motivation, physical activity, and enjoyment in an interactive dance game*. Paper presented at American College of Sports Medicine in Denver, CO, 2011.
107. McGladrey, B.W., Hannon, J.C., Faigenbaum, A., Shultz, B.B., Shaw, J.M., & **Gao, Z.** (2011, March). *High school physical educators' and coaches' strength training knowledge*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in San Diego, CA, 2011.
108. *Ning, W.*, & **Gao, Z.** (2011, June). *Research literature in effect of physical activity on students' cognitive abilities and academic achievement*. Paper presented at The International Society for Comparative Physical Education and Sport meeting (Physical Education and Sport: Challenges and Future Directions), Shanghai, China, 2011.
109. Williams, S.M., Hannon, J.C., **Gao, Z.**, Mitchell, S., Newton, M., & Shultz, B.B. (2011, March). *PA levels in coed and same-sex PE using tactical games*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in San Diego, CA, 2011.
110. *You, F.*, & **Gao, Z.** (2011, May). *Urban school children's health-related physical fitness and physical activity participation*. Paper presented at American College of Sports Medicine in Denver, CO, 2011.
111. Destani, F., Newton, M., Hannon, J.C., **Gao, Z.**, Shultz, B., & Kim, M. (2010, March). *Relationships among psychological climate and physical activity in physical*

- education*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Indianapolis, IN, 2010.
112. Litvinenko, S., Newton, M., & **Gao, Z.** (2010, June). *Sport enjoyment of the college students after physical activity*. Paper presented at 15th European College of Sport Science Congress in Antalya, Turkey.
113. **Gao, Z.** (2010, June). *Examining urban Latino school children's exercise motivation and daily physical activity levels*. Paper presented at the annual meeting of World Congress of Exercise is Medicine in Baltimore, MD, 2010.
114. **Gao, Z.**, Liang, T., & Huang, C. (2010, March). *Promoting children's exercise motivation and physical activity through interactive games*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Indianapolis, IN, 2010.
115. **Gao, Z.**, Xiang, P., & McBride, R.E. (2010, March). *Effects of PE student teachers' beliefs on their instructional choices*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Indianapolis, IN, 2010.
116. Huang, C., & **Gao, Z.** (2010, March). *Relationships between students' situational interest, experience, and engagement in DDR*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Indianapolis, IN, 2010 (**2010 American Alliance for Health, Physical Education, Recreation, and Dance Graduate Student Research Award**).
117. Huang, C., & **Gao, Z.** (2010, March). *Social cognitive variables predicting children's physical activity and cardiovascular fitness*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Indianapolis, IN, 2010.
118. Liang, T., & **Gao, Z.** (2010, January). *Children's previous experiences, DDR performance, and physical activity levels*. Paper presented at the annual meeting of National Association for Kinesiology and Physical Education in Higher Education in Scottsdale, AZ, 2010.
119. Liang, T., **Gao, Z.**, Huang, C., & Hannon, J.C. (2010, March). *Gender differences in students' physical activity levels across different activities*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Conference in Indianapolis, IN, 2010.
120. **Gao, Z.** (2009, January). *Motivated but not active: The dilemmas of integrating Dance Dance Revolution into physical education*. Paper presented at the annual meeting of National Association for Kinesiology and Physical Education in Higher Education in Sarasota, FL, 2009.

121. **Gao, Z.**, Huang, C., & Hannon, J.C. (2009, March). *Students' physical activity levels and motivation in Dance Dance Revolution*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009.
122. **Gao, Z.**, Newton, M., & Carson, R.L. (2009, January). *The relationships between students' motivation, physical activity levels, and health-related physical fitness*. Paper presented at the annual meeting of National Association for Kinesiology and Physical Education in Higher Education in Sarasota, FL, 2009.
123. **Gao, Z.**, Xiang, P., & Liu, W. (2009, March). *Effect of student teaching on pre-service PE teachers' efficacy beliefs*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009.
124. **Huang, C.**, **Gao, Z.**, Xiang, P., & Liu, W. (2009, March). *Relationships between PE student teachers' efficacy beliefs and outcome expectancy*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009.
125. **Huang, C.**, **Gao, Z.**, & Zhang, T. (2009, March). *Children's physical activity levels: Activity and gender differences*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009.
126. **Lodewyk, K.**, & **Gao, Z.** (2009, April). *Reflective persistence mediating the role of values on achievement in secondary physical education students*. Paper presented at the American Education Research Association, San Diego, CA, 2009.
127. **Oh, H.**, & **Gao, Z.** (2009, March). *Middle school students' physical activity levels by gender and grade*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009.
128. **Sheng, H.**, & **Gao, Z.** (2009, March). *Middle school students' MVPA during team sports in physical education*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009.
129. **Sheng, H.**, & **Gao, Z.** (2009, January). *The changes of students' physical fitness over one school year*. Paper presented at the annual meeting of National Association for Kinesiology and Physical Education in Higher Education in Sarasota, FL, 2009.
130. **Xiang, P.**, **Gao, Z.**, & **McBride, R.** (2009, March). *PE student teachers' use of choice for students in student teaching*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009.
131. **Yang, Q.**, & **Gao, Z.** (2009, January). *The formation and development of American New Physical Education Theory*. Paper presented at the annual meeting of National

- Association for Kinesiology and Physical Education in Higher Education in Sarasota, FL, 2009.
132. Zhang, T., Solmon, M.A., **Gao, Z.**, & Gu, X. (2009, April). *Students' motivation in physical education and physical activity outside school: The role of supportive social environment*. Paper presented at the American Education Research Association, San Diego, CA, 2009.
 133. Zhang, T., Solmon, M.A., **Gao, Z.**, & Gu, X. (2009, January). *Self-determination in physical education: Linking psychological need satisfaction to middle school students' affective response*. Paper presented at the annual meeting of National Association for Kinesiology and Physical Education in Higher Education in Sarasota, FL, 2009.
 134. Zhang, T., Solmon, M.A., **Gao, Z.**, & Kosma, M. (2009, March). *Examining school students' participation in leisure-time physical activity behaviors*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance in Tampa, FL, 2009 (**2009 American Alliance for Health, Physical Education, Recreation, and Dance Graduate Student Research Award**).
 135. Huang, C., & Gao, Z. (2009, November). *Implement martial arts into school physical education curriculum*. Paper presented at the annual meeting of the Utah Association of Health, Physical Education, Recreation, and Dance in Provo, UT, 2009.
 136. **Gao, Z.**, & Yi, X. (2008, August). *Students' perceived competence, enjoyment, physical activity levels, and cardiorespiratory fitness in physical education*. Paper presented for presentation at International Convention on Science, Education and Medicine in Sport, Guangzhou, China, 2008.
 137. **Gao, Z.**, Lee, A.M., Kosma, M., & Solmon, M.A. (2008, May). *Understanding students' motivation in middle school physical education: Examining the mediating role of self-efficacy on physical activity*. Paper presented at the annual meeting of the American College of Sports Medicine in Indianapolis, IN, 2008.
 138. **Gao, Z.**, Hannon, J.C., & Carson, R.L. (2008, June). *The effects of curricular activities on middle school students' heart rate-based physical activity outcomes in physical education*. Paper accepted for presentation at the annual meeting of the Southwest Alliance of Health, Physical Education, Recreation, and Dance in Waikoloa, HI, 2008.
 139. **Gao, Z.**, Hannon, J.C., Newton, M., & Zhang, T. (2008, April). *Middle school students' self-efficacy and achievement motivation in predicting physical activity levels in physical education*. Paper presented at the annual meeting of the American Alliance of Health, Physical Education, Recreation, and Dance in Ft. Worth, TX, 2008.
 140. **Gao, Z.**, Liu, Y., Zhang, T. & Kosma, M. (2008, April). *Temporal stability of outcome expectancy in middle school physical education*. Paper presented at the annual

- meeting of the American Alliance of Health, Physical Education, Recreation, and Dance in Ft. Worth, TX, 2008.
141. **Gao, Z.**, Lee, A.M., & Xiang, P., & Kosma, M. (2008, March). *Students' motivation and physical activity levels in middle school physical education: The effects of activity, grade, and gender*. Paper presented at the annual meeting of the American Education Research Association, New York, NY, 2008.
 142. **Gao, Z.**, Hannon, J.C., & Huang, C. (2008, November). *Promoting students' physical activity levels in Dance Dance Revolution class*. Paper presented at the annual meeting of the Utah Association of Health, Physical Education, Recreation, and Dance in Ogden, UT, 2008
 143. Domangue, E., Solmon, M.A., & **Gao, Z.** (2008, March). *Middle school students' physical activity levels and perceptions of gender in same gender and coeducational physical education classes*. Paper presented at the annual meeting of the American Education Research Association, New York, NY, 2008.
 144. Zhang, T., Solmon, M.A., Domangue, E., **Gao, Z.**, & Gu, X. (2008, April) *Environmental and psychosocial correlates of physical activity in middle school children*. Paper presented at the annual meeting of the American Alliance of Health, Physical Education, Recreation, and Dance in Ft. Worth, TX, 2008.
 145. Zhang, T., Solmon, M.A., Lee, A.M., & **Gao, Z.** (2008, May). *Students' situational motivation, effort, and activity levels in physical education*. Paper presented at the annual meeting of the American College of Sports Medicine in Indianapolis, IN, 2008.
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Names in *italics* indicate co-authors are/were graduate students under my mentorship

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108. Yi, X., Niu, J., & **Gao, Z.** (2007, March). Analysis of intrinsic motivation in the integrated curriculum and Sport Education. *Research Quarterly for Exercise and Sport*, 78, A -78.
109. Zhang, T., Solmon, M. A., Johnson, G. L., & **Gao, Z.** (2007, March). Relative contributions of psychosocial factors in predicting college students' physical activity. *Research Quarterly for Exercise and Sport*, 78, A -87.
110. Zhang, T., Solmon, M. A., Johnson, G. L., & **Gao, Z.** (2007, March). Examining environmental influences on college students' participation in physical activity. *Research Quarterly for Exercise and Sport*, 78, A -38.
111. **Gao, Z.**, Lee, A.M., Harrison, L. Jr., & Yi, X. (2006). The role of different types of outcome expectations in physical activity. *Research Quarterly for Exercise and Sport*, 77, A -57.

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

Invited Lectures

1. **Gao, Z.** (2016, June 15th). *The Journey to Physical Activity Epidemiology*. Presented at Hunan Agriculture University, Changsha, China.
2. **Gao, Z.** (2016, June 16th). *Status of Physical Education and Physical Education Research in the USA*. Presented at Jishou University, Jishou, China.
3. **Gao, Z.** (2016, June 17th). *Emerging Technology in Promoting Physical Activity and Health*. Presented at Huaihua University, Huaihua, China.
4. **Gao, Z.** (2016, June 22nd). *Emerging Technology in Promoting Physical Activity and Health*. Presented at Beijing Sports University, Beijing, China.
5. **Gao, Z.** (2016, June 24th). *Emerging Technology in Promoting Physical Activity and Health*. Presented at Shandong Sports University, Jinan, China.
6. **Gao, Z.** (2016, June 25th). *Emerging Technology in Promoting Physical Activity and Health*. Presented at Nantong University, Nantong, China.
7. **Gao, Z.** (2016, June 30th). *Status of Physical Education and Physical Education Research in the USA*. Presented at Hunan Technology University, Xiangtan, China.
8. **Gao, Z.** (2016, July 8th). *Emerging Technology in Promoting Physical Activity and Health*. Presented at Henan University, Kaifeng, China.
9. **Gao, Z.** (2016, July 16th). *Status of Physical Education and Physical Education Research in the USA*. Presented at Zhongshan University, Guangzhou, China.
10. **Gao, Z.** (2016, July 18th). *Emerging Technology in Promoting Physical Activity and Health*. Presented at Shanghai Jiaotong University, Shanghai, China.

11. **Gao, Z.** (2016, July 18th). *Current Status of Physical Activity Assessment*. Presented at Shanghai Jiaotong University, Shanghai, China.
12. **Gao, Z.** (2014, November 21st). *Promoting physical activity and health through population-based exergaming interventions*. Presented to a group of faculty and graduate students at Louisiana State University, Baton Rouge, LA, U.S.
13. **Gao, Z.** (2014, November 21st). *The journey to physical activity epidemiology*. Presented to a group of international students at Louisiana State University, Baton Rouge, LA, U.S.
14. **Gao, Z.** (2014, March 3rd). *Promoting physical activity and health through exergaming interventions*. Presented at Shanghai Jiaotong University, Shanghai, China.
15. **Gao, Z.** (2014, March 2nd). *Physical activity epidemiology research*. Presented at East China Normal University, Shanghai, China.
16. **Gao, Z.** (2013, March 20th). *Promoting physical activity and health through school-based exergaming interventions*. Presented at National Taiwan Normal University, Taiwan.
17. **Gao, Z.** (2012, June). *Physical education reform in the United States*. Presented at East China Normal University, Shanghai, China.
18. **Gao, Z.** (2011, June). *Physical education in the United States*. Presented at Chongqing University, Chongqing, China.
19. **Gao, Z.** (2011, June). *Status and trends of physical education research in the United States*. Presented at Xinan University, Chongqing, China.
20. **Gao, Z.** (2011, June). *Physical education and its research trends in the United States*. Presented at Hunan Technology University, Xiangtan, China.
21. **Gao, Z.** (2010, May). *Current status of physical education and its research in the U.S.* Presented at Beijing Sport University, Beijing, China.
22. **Gao, Z.** (2009, May). *How to make publications in SCI and SSCI journals?* Presented at Beijing Sport University, Beijing, China.
23. **Gao, Z.** (2009, May). *How to write and publish SCI- and SSCI-cited papers?* Presented at Hunan Normal University, Changsha, China.
24. **Gao, Z.** (2009, May). *How to write and publish SCI- and SSCI-cited papers?* Presented at Xiangtan University, Xiangtan, China.
25. **Gao, Z.** (2009, May). *The ways to success in the field of physical activity*. Presented at Hunan Institute of Humanities Science and Technology, Loudi, China.

26. **Gao, Z.** (2009, May). *The three states of learning*. Presented at Loudi No. 5 Middle School, Loudi, China.

Invited Guest Lectures

1. **Gao, Z.** (2015, June 10th). *Promoting children's health through population-based exergaming interventions*. Presented to a group of faculty and graduate students at European University of Brittany, France.
2. **Gao, Z.** (2015, February 24th). *Promoting health through school-based physical activity interventions*. Presented to a group of faculty and research fellows at Obesity Prevention Center at the University of Minnesota.
3. **Gao, Z.** (2015, March 5th; October 2nd). *The journey to physical activity epidemiology. Kinesiology 1871 Survey to Kinesiology*. School of Kinesiology at University of Minnesota.
4. **Gao, Z.** (2014, September 11th). *Physical activity assessment among children and adolescents*. Kinesiology 5385 Exercise and Disease Prevention. School of Kinesiology at University of Minnesota.
5. **Gao, Z.** (2014, March 27th). *Physical activity and energy expenditure assessment among children and adolescents*. Kinesiology 5585 Pediatric Exercise and Health. School of Kinesiology at University of Minnesota.
6. **Gao, Z.** (2014, March 10th). *Physical activity epidemiology*. Graduate seminar KIN 8980, School of Kinesiology at University of Minnesota.
7. **Gao, Z.** (2013, November 2nd). *Promoting physical activity and academic achievement through exergaming*. College of Education and Human Development Saturday Scholars at the University of Minnesota McNamara Alumni Center.
8. **Gao, Z.** (2013, March 28th). *Promoting physical activity and health through school-based exergaming*. Institute of Child Development at the University of Minnesota.
9. **Gao, Z.** (2012, October 26th). *Promoting physical activity and health through exergaming*. The Division of Epidemiology and Community Health at the University of Minnesota.
10. **Gao, Z.** (2011, October). *Creating a welcome video for your online course*. Invited speaker for the Teaching, Learning, and Professional Development Center seminar at Texas Tech University.
11. **Gao, Z.** (2009, October). *Factor analysis in exercise and sport psychology*. Invited lecture for the Sport Psychology graduate seminar at the University of Utah.

Websites

2008 - 2012 http://www.aera.net/Default.aspx?menu_id=382&id=5174

- 2006 - present Create and maintain the website for the Special Interest Group on Research on Learning and Instruction in Physical Education, AERA
<http://www.icspah.org/>
 Create and maintain the website for the International Chinese Society for Physical Activities and Health

TEACHING AND CURRICULUM DEVELOPMENT

University of Minnesota

Courses, seminars, and instructional units taught

- KIN 3982 Research Methods in Kinesiology
- KIN 3993 Directed Study in Kinesiology
- KIN 5181 Understanding Kinesiology Research (KIN 4981 in 2013-2017)
- KIN 5125 Advances in Physical Activity and Health (KIN 5720 Physical Activity Epidemiology in 2015, 2016)
- KIN 5992 Reading in Kinesiology
- KIN 5995 Research Problems in Applied Kinesiology
- KIN 8995 Research Problems in Kinesiology

Curriculum Development

- KIN 4981 Understanding Kinesiology Research (For M.Ed. students only; fall 2013, spring 2014, fall 2014, fall 2015, fall 2016)
- KIN 5720 Physical Activity Epidemiology (spring 2015, 2016; now KIN 5125 Advances in Physical Activity and Health, spring 2017)
- KIN 3720 International Studies in Kinesiology - Martial Arts and Medicine: Traditions in China (May-June 2017)
- Grand Challenge Course: Emerging Technology in Health Promotion and Disease Prevention (pending for approval)

Collaborative Efforts and Activities

Faculty Development Activities regarding teaching

- Workshop, "Kickstart Open Lab" University of Minnesota, School of Kinesiology (2015-2016)
- "Mid-Career Teaching Community 2015-16" University of Minnesota, Center for Educational Innovation. (2015-2016).
- 4-day Workshop, "CEHD Treks Flipped Classroom 2015," College of Education and Human Development, University of Minnesota (July 2015)
- 3-day Workshop, "CEHD Treks Explore 2013," College of Education and Human Development, University of Minnesota (June 2013)
- Workshop, "Faculty-instructor of color community 2012-13," University of Minnesota Office of Diversity and Equity. (2012-2013).
- Workshop, "Moodle 2: Creating basic course web sites," University of Minnesota Office of Information Technology. (August 28, 2012).

Texas Tech University

Courses, seminars, and instructional units taught

ESS 5312 Behavioral and Psychological Aspects of Exercise
ESS 5315 Research Methods in Exercise and Sport Science (Distance Education)
ESS 5315 Research Methods in Exercise and Sport Science
ESS 5341 Curriculum and Instruction in Physical Education and Sport

Curriculum Development

ESS 5312 Behavioral and Psychological Aspects of Exercise
ESS 5341 Curriculum and Instruction in Physical Education and Sport

Faculty Development Activities regarding teaching

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

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

University of Utah

Courses, seminars, and instructional units taught

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

Curriculum Development

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

Faculty Development Activities regarding teaching

Workshop, “Thinking About and Practicing Sustainability in Your Teaching,” The University of Utah Center for Teaching and Learning Excellence. (April 16, 2010).

Workshop, “Providing Effective Feedback with Subjective Assignments,” The University of Utah Center for Teaching & Learning Excellence. (March 12, 2010).

Workshop, “Teaching Dossier,” The University of Utah Center for Teaching & Learning Excellence. (February 12, 2010).

Workshop, “Dissecting Student Course Evaluations and Maximizing Their Value,” The University of Utah Center for Teaching & Learning Excellence. (January 8, 2010).

Workshop, “Enhance Academic Integrity in Student Work,” The University of Utah Center for Teaching & Learning Excellence. (September 25, 2009).

Workshop, “the Turning Point Clicker Training (Best Practices for Using Clickers Effectively),” The University of Utah Center for Teaching & Learning Excellence. (August 14, 2009).

Workshop, “Preparing for the First Day,” The University of Utah Center for Teaching & Learning Excellence. (August 13, 2009).

Louisiana State University

Courses, seminars, and instructional units taught

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

Curriculum Development

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

ADVISING AND MENTORING

University of Minnesota

Undergraduate Student Activities

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

Student name: Kolbi Becker

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

Student name: Chandler Ignaszewski

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

Student name: Shyamlee Nanda

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

Student name: Matthew Tran

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

Student name: Kalli Fautsch

Undergraduate advising

Student names: Melissa Rosecke; Lauren Poole; Sarah Minsky; Kyuhyun Bae; Chandler Ignaszewski; Nick Gmitterko; Abdimahad Nour; Nicole Cheung; Hannah Niswonger; Rebecca Nelson; Katherine Kaase; Shyamlee Nanda; Avery Veldhouse; Ian West; Megan Sulisty; Matthew Tran; Kalli Fautsch; Wenxi Zhang, Lucas Malean, Austin Hoeg, Hannah Moen, Amanda Richter, Alec Thune, Hannah Check, Nadja Melby, Laura Schultz, Waheed Momoh

Graduate Student Activities

Master's Student Advisees [M.Ed. students in Physical Activity Epidemiology Lab]

Yi Ding; Andrew Taylor; Yang Xu; Kailiang Shi; Pengxiang Zhang; Julia Courter; Siyuan Zhang; Xinya Zhang; Yang Zou; Ko Inoue; Sarah Swenson; Jun Li

Master Committees Served on

Morgan Betke

Doctoral Dissertations Directed

Doctoral Students Advised

Jung Eun Lee, Fall 2013 – present (Employment: Assistant professor at University of Minnesota at Duluth, Duluth, MN, US)

Zachary Pope, Fall 2014 – present

Nan Zeng, Fall 2016 – present

Doctoral Committees Served on

Jessica Albers

Mohamed Hassan

Matt Vollum

Visiting Scholars Hosted

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

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

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

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

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

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

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

Texas Tech University

Graduate Student Activities

Master's Student Advisees

Alberto Moncada

Doctoral Students Advised

Weihong Ning (2010-2012) (Employment: Texas Tech University, Lubbock, TX, US)

University of Utah

Graduate Student Activities

Master's Theses Directed

Callie Collyer, Impact of after-school structured exercise on high school students' fitness scores, May 2010

Master's Student Advisees

Thomas Lynch
Tedi Searle
Darby Cowles
Sara W. Smith
Kathryn Samson

Doctoral Dissertations Directed

You Fu, Impact of health-related physical fitness model on children's motivation and physical activity levels in physical education, 2009 Fall – 2014 (Employment: Assistant professor at University of Nebraska - Kearney, NE, US)

Chaoqun Huang, Effects of motivational and volitional interventions on adolescents' physical activity behavior, 2009 Spring – Fall 2012 (Employment: Associate professor at Wayland Baptist University, Plainview, TX, US)

Doctoral Students Advised

Tanjian Liang (2008-2010, transferred)

Doctoral Committees Served on

Qingqiong Yang (Beijing Sports University)
Yingfeng Wang (Beijing Sports University)
Weihong Sun (Beijing Sports University)
Yunsik Shim (University of Utah)
Brian McGladrey (University of Utah)
Fitni Destani (University of Utah)
Skip Williams (University of Utah)
Thomas Clayton (University of Utah)
Huiping Sheng (University of New Mexico)

Visiting Scholars Hosted

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

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

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

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

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

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

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

SERVICE AND PUBLIC OUTREACH

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

Editorships

2015 - present	Editorial Board member, <i>International Journal of Behavioral Nutrition and Physical Activity</i> (<u>impact factor: 4.11</u>)
2015 - present	Editorial Board member, <i>Games for Health Journal: Research, Development, and Clinical Applications</i> (<u>impact factor: 1.32</u>)
2016 - 2017	Guest Editor, <i>Journal of Sport and Health Science</i> (<u>impact factor: 1.68</u>)
2012 - present	Section Editor, <i>Measurement in Physical Education and Exercise Science</i>
2013 - present	Editor-in-Chief, <i>Journal of Teaching, Research, and Media in Kinesiology</i>
2014 - present	Editorial Board member, <i>Austin Journal of Obesity & Metabolic Syndrome</i>
2011 - 2017	Editorial Board member, <i>Journal of Teaching in Physical Education</i> (<u>impact factor: 0.74</u>)
2008 - 2014	Review Board member, <i>Middle Grades Research Journal</i>
2009 - 2010	Editor-in-chief, Newsletter, International Chinese Society for Physical Activities and Health
2005 - 2006	Editorial Assistant, <i>Journal of Teaching in Physical Education</i>
2001 - 2002	World Soccer Encyclopedia Editors Committee, Beijing, China

Journal/Grant Reviewer Experience (number of papers reviewed)

2017	Reviewer, <i>Medicine & Science in Sports & Exercise</i> (1)
2016	Reviewer, <i>BMC Research notes</i> (1)
2015 - 2016	Reviewer, <i>Plos One</i> (3)
2015 -present	Reviewer, <i>International Journal of Behavioral Nutrition and Physical Activity</i> (2)
2015	Reviewer, <i>BMC Health Service Communication</i> (1)
2015	Reviewer, <i>Journal of Health Communication</i> (1)
2015	Reviewer, <i>Pediatric Exercise Science</i> (1)
2014-2016	Reviewer, <i>The Kansas City Area Life Sciences Institute Outcome Research Grants</i> (2)
2014-2015	Grant Reviewer, <i>Department of Defense Congressionally Directed Medical Research Programs - JPC-1 program</i> (2)
2015	Reviewer, <i>Preventive Medicine Reports</i> (1)
2015	Reviewer, <i>Journal of Sport Science</i> (3)
2014- present	Reviewer, <i>Obesity Review</i> (3)
2014	Reviewer, <i>Health Education Journal</i> (1)
2014	Reviewer, <i>Health</i> (1)
2014	Reviewer, <i>Journal of Immigrant and Minority Health</i> (1)
2014- present	Reviewer, <i>Journal of Sport and Health Science</i> (7)
2014	Reviewer, <i>Pediatric Obesity</i> (1)
2013	Reviewer, research grant review for American Alliance of Health, Physical Education, Recreation, and Dance Research Council (2)
2013	Reviewer, <i>British Journal of Educational Psychology</i> (1)
2013- present	Reviewer, <i>Annals of Behavioral Medicine</i> (3)
2013- present	Reviewer, <i>Games for Health Journal</i> (24)
2013- present	Reviewer, <i>Cyberpsychology, Behavior, and Social Networking</i> (2)
2013	Reviewer, <i>Journal of Adolescent</i> (1)
2013	Reviewer, <i>International Journal of Sport and Exercise Psychology</i> (1)
2013	Reviewer, <i>Journal of Science and Medicine in Sport</i> (1)

- 2013 -2016 Abstract reviewer, 1st International Chinese Society for Physical Activities and Health Forum (40)
- 2012 Grant proposal reviewer, Czech Science Foundation (1)
- 2011 Abstract reviewer, National Association for Sport and Physical Education (6)
- 2011 Reviewer, *Head Start Body Start play space* grant applications (10)
- 2012 Reviewer, *Archives of Pediatrics and Adolescent Medicine* (1)
- 2012 Reviewer, *Asia Pacific Education Review* (1)
- 2012 Reviewer, *Health Education Research* (1)
- 2012 Reviewer, *Learning and Individual Differences* (1)
- 2011 - 2015 Reviewer, *American Journal of Public Health* (2)
- 2011 - 2014 Reviewer, *Journal of Exercise Science and Fitness* (5)
- 2011 - 2015 Reviewer, *Sport, Exercise & Performance Psychology* (4)
- 2011 Reviewer, *Journal of Physical Education and Sport Management* (1)
- 2010 Reviewer, *Current Issues in Education* (1)
- 2010 - present Reviewer, *Measurement in Physical Education and Exercise Science* (19)
- 2010 - 2014 Reviewer, *European Physical Education Review* (2)
- 2009 - present Reviewer, *Journal of School Health* (9)
- 2009 - 2013 Reviewer, *Journal of Educational Research* (3)
- 2009 - present Reviewer, *Perceptual and Motor Skills* (5)
- 2009 - 2014 Reviewer, *International Council for Health, Physical Education, Recreation, Sport, and Dance Journal of Research* (11)
- 2008 - present Reviewer, *Research Quarterly for Exercise and Sport* (32)
- 2008 Reviewer, *Tourism Management* (1)
- 2008 - present Reviewer, abstract review for American Alliance of Health, Physical Education, Recreation, and Dance national conference (over 100)
- 2008 - present Reviewer, *Journal of Physical Activity and Health* (7)
- 2008 Reviewer, abstract review for International Convention on Science, Education and Medicine in Sport (10)
- 2007 - present Reviewer, *Journal of Teaching in Physical Education* (61)
- 2006 - 2014 Reviewer, *Journal of Sport and Exercise Psychology* (6)
- 2006 - 2011 Reviewer, abstracts for the Special Interest Group on Research on Learning and Instruction in Physical Education for the annual meeting of AERA (over 30)

Service to The University/College/Department

University of Minnesota Service

University Committees

- 2013 - 2019 Member, the University Senate's Social Concerns Committee, The University of Minnesota

College Committees

- 2017 - Member, the Finance Committee, College of Education and Human Development, The University of Minnesota

Department Committees

- 2017 - Member, Graduate Education Committee, School of Kinesiology, The University of Minnesota
- 2016 - 2017 Member, Director of School Search Committee, School of Kinesiology, The University of Minnesota
- 2015 - 2016 Member, Undergraduate Education Committee, School of Kinesiology, The University of Minnesota
Fall 2014
- 2013 - 2014 Member, M.Ed. graduate Committee, School of Kinesiology, The University of Minnesota
- 2012 - 2013 Member, Facilities, Space and Technology Committee, School of Kinesiology, The University of Minnesota
- 2012 - 2013 Member, Director of eLearning search Committee, School of Kinesiology, The University of Minnesota

Service at Other Institutions Committees

- 2008 - 2014 Member, Dissertation Committee Memberships, College of Health, The University of Utah
- 2011 - 2012 Scholarship Committee, Department of Health, Exercise and Sport Science, Texas Tech University
- 2010 - 2012 Member, Graduate Committee Memberships, College of Arts and Science, Texas Tech University
- 2008 - 2010 Graduate Scholarship Committee, Department of Exercise and Sport Science, The University of Utah
- 2007 - 2010 Member, Computer Technology Committee, College of Health, The University of Utah
- 2009 - 2010 Member, Dissertation Committee Memberships, Graduate School, Beijing Sports University
- 2007 - 2008 Faculty Searching Committee, Department of Exercise and Sport Science, The University of Utah
- 2006 - 2007 Undergraduate Student Committee, Department of Kinesiology, Louisiana State University
- 2005 - 2006 Teaching Enhance Committee, Department of Kinesiology, Louisiana State University
- 2005 - 2006 Links, International Service Office, Louisiana State University
- 2004 - 2005 Faculty Searching Committee, Department of Kinesiology, Louisiana State University
- 2004 - 2005 Undergraduate Student Committee, Department of Kinesiology, Louisiana State University
- 1996 - 1998 Publicity Secretary of Student Association, Graduate School, Beijing Sport University, Beijing, China
- 1993 - 1995 Publicity Secretary of University's Student Association, Hunan Normal University, Changsha, China

Public and Other Service

Service to Profession

- 2016, 2017 President-Elect; President; International Chinese Society for Physical Activities and Health

2015	Review Panel Chair, Research Council, Society for Health and Physical Educators annual conference
2014-present	Social Media sub-committee, International Society of Behavioral Nutrition and Physical Activity
2014-2016	Grant review committee member, Research Council, Society for Health and Physical Educators
2014-2017	American College of Sports Medicine's Strategic Health Initiatives: Youth Sports and Health Committee
2012-2014	American Alliance of Health, Physical Education, Recreation, and Dance Research Consortium Ethics Committee
2013, 2014	Technology Committee Chair, 1 st and 2 nd International Chinese Society for Physical Activities and Health (ICSPAH) Forum
2012-2014	Symposium session planner, American Alliance of Health, Physical Education, Recreation, and Dance
2012-present	Chair, Website maintenance and ICSPAH promotion committee, International Chinese Society for Physical Activities and Health
2011-2012	Student Research Poster Evaluation Committee, Texas Chapter of American College of Sport Medicine
2011	Session presider, The International Society of Comparative Physical Education and Sport 2011 annual conference
2010-2011	Meeting planner, International Chinese Society for Physical Activities and Health
2010	Session chair, the Special Interest Group on Research on Learning and Instruction in Physical Education, AERA
2009-2011	Physical education at the secondary level commission member, International Council for Health, Physical Education, Recreation, Sport, and Dance
2008- 2014	Bylaws committee member, National Association for Kinesiology in Higher Education
2009 -2011	General Secretary, International Chinese Society for Physical Activities and Health
2009 -2011	Chairperson of the Newsletter Committee, International Chinese Society for Physical Activities and Health
2008 - 2012	Web content manager, the Special Interest Group on Research on Learning and Instruction in Physical Education, AERA
2008 - 2014	Session presider, American Alliance of Health, Physical Education, Recreation, and Dance national conferences
2006 - present	Web manager, International Chinese Society for Physical Activities and Health
2006 - 2007	Executive Committee student representative, International Chinese Society for Physical Activities and Health
2003	Computer Technician, Local Planning Committee, National Physical Education Teacher Education Conference, Baton Rouge, LA

Public Service

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

DEVELOPMENT ACTIVITIES ATTENDED

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

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

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

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

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

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

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

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

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

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

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

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