

Weiyun Chen, Ph. D., Associate Professor

School of Kinesiology
University of Michigan
Ann Arbor, MI 48109
(734) 615-0376 (W)
chenwy@umich.edu

ACADEMIC DEGREES

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|-----------|--|
| 1980-1984 | Beijing Sports University
Bachelor of Pedagogy |
| 1984-1987 | Beijing Sports University
Master of Pedagogy |
| 1993-1997 | University of Alabama, Tuscaloosa
Doctor of Philosophy in Kinesiology |

EMPLOYMENT

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| 2005-Present | Associate Professor: School of Kinesiology, University of Michigan |
| 2003- 2005 | Assistant Professor: Division of Kinesiology, University of Michigan |
| 1997- 2003 | Assistant Professor: Department of Kinesiology, College of Education, Temple University. |
| 1993- 1997 | Instructor: Human Performance Department, University of Alabama |
| 1987- 1992 | Lecturer and Editor: Beijing Teachers College of Physical Education |

PROFESSIONAL MEMBERSHIPS

1. Society of Behavioral Medicine
2. SHAPE America
3. SHAPE-Michigan
4. American Education Research Association (AERA)
5. American College of Sports Medicine (ACSM)
6. International Chinese Society for Physical Activities and Health.
7. Momentum Center of University of Michigan
8. Center for Human Growth and Development of Michigan
9. Precision Health at U-M

HONORS, AWARDS, and FELLOWSHIPS

1. Excellent Student Award of the Year, 1980-1981 at Beijing Sport University.
2. Excellent Student Award of the Year, 1981-1982 at Beijing Sport University.
3. Excellent Student Award of the Year, 1982-1983 at Beijing Sport University.
4. Outstanding Student Graduate Award, 1984 at Beijing Sport University.

5. A Summer Research Fellowship for 1998 (announced on February 25, 1998) at Temple University.
6. Dissertation Award: Honorable mention from College of Education, the University of Alabama, October 26, 1998.
7. Research Merit Award at Temple University, 1998-1999.
8. Research Merit Award at Temple University, 1999-2000.
9. Research Merit Award at Temple University, 2000-2001.
10. Research Merit Award at Temple University, 2001-2002.
11. Research Fellow of Research Consortium, SHAPE America (2000-present)
12. Zijiang Scholar of East China Normal University (2014-2017)
13. East China Scholar of Shanghai City (2016-2019)
14. The best of 2023 List of Health Promotion Researchers, the “Papers of the Year” in *American Journal of Health Promotion*.
15. The 2024 SHAPE Michigan Meritorious Service Award
16. The Best Research Award-2024 in *Children* (Peer-reviewed journal)
17. The 2025 ICSPAH Service Award

SCHOLARSHIP

NEWS FOR RESEARCH

1. In 2017, Chen featured in Michigan News, CNBC, and other news articles about her research on how Body Mass Index and positive outlook affect the physical and mental health of college students. Read more at the following links.

myumi.ch/6vZgW.

http://www.chinadaily.com.cn/china/2017-11/08/content_34268239.htm

<https://www.cnbc.com/2017/11/14/the-healthiest-college-students-stay-on-top-of-these-2-things.html>

http://news.xinhuanet.com/english/2017-11/08/c_136735249.htm

<https://www.ndtv.com/education/happiness-optimism-key-to-healthy-college-life-study-1772812>

<https://economictimes.indiatimes.com/news/science/raise-your-spirits-to-attain-good-health/articleshow/61568641.cms>

http://www.worldjournal.com/5277037/article-%E3%80%8C%E5%B9%B8%E7%A6%8F%E6%84%9F%E3%80%8D-%E5%BD%B1%E9%9F%BF%E4%B8%AD%E5%9C%8B%E5%A4%A7%E5%AD%B8%E7%94%9F%E8%BA%AB%E5%BF%83%E5%81%A5%E5%BA%B7?ref=%E8%8A%9D%E5%8A%A0%E5%93%A5_%E6%96%B0%E8%81%9E%E7%B8%BD%E8%A6%BD

2. In 2018, Weiyun Chen and her doctoral students, Zhanjia Zhang featured in New York Times, News Week, Michigan News, University Records News, Science Daily and ACSM in the News, and other news articles about how physical activity makes you happier in various populations.

<https://mail.google.com/mail/u/0/#inbox/16340fcc4af66c94>

<https://www.nytimes.com/2018/05/02/well/move/even-a-little-exercise-might-make-us-happier.html?ref=collection%2Fsectioncollection%2Fhealth>

<http://www.newsweek.com/minutes-exercise-boost-happiness-depression-anxiety-fitness-overweight-873006>

<http://record.umich.edu/articles/study-suggests-people-should-get-moving-get-happier>

<https://www.sciencedaily.com/releases/2018/04/180404163635.htm>

<http://ns.umich.edu/new/releases/25551-study-get-moving-to-get-happier>

<https://www.tun.com/blog/can-exercise-make-you-happier/>

<http://thejakartapost.com/life/2018/04/09/could-exercising-make-you-happier.html>

<https://www.bgracebullock.com/single-post/2018/04/05/Exercise-makes-you-happier-study-finds>

<https://www.weightlossresources.co.uk/exercise/motivation/move-more-get-happy.htm>

http://www.healthnewsdigest.com/news/Exercise_480/Get-Moving-to-Get-Happier.shtml

<http://www.chinaqw.com/hqhr/2018/05-02/188111.shtml>

BOOK

Chen, W., Zhu, Q., Chi, J. (2009). *Multifacets of American Collegiate Athletic Competition*, Beijing, People's Physical Education and Sports Publisher.

BOOK CHAPTERS

Chen, W. (2021). The New Theory of Physical Education Instruction (pp. 46-52) (invited book chapter). In N. Suzuki, T. Nakajima, A. Nariya, K. Nurase, & S. Ookuma (Eds), "Proactive, Interactive, and Deep Learning" in Physical Education in the GIGA School Era-Copernican Turn of Physical Education Brought by Society 5.0 Sobun Planning.

Chen, W. (2016). Teaching Games for Understanding Approach: An Innovative Curriculum Model (pp. 215-226). In D. Cothran and X. Keating (Eds.), *Learning for a lifetime: Effective Secondary Physical Education Programs*. Beijing, Higher Education Press.

Chen, W. (2007). Interdisciplinary teaching: integration of physical education skills and concepts with mathematical skills and concepts. In L. B. Yurichenko (Ed.), *Teaching and Teacher Issues* (pp. 101-120). New York, Nova Science Publishers.

PEER-REVIEWED PUBLICATIONS

^a Graduate student and ^b Undergraduate student I advised and trained in my Physical Activity and Health Laboratory (PAHL), ***senior and corresponding author**.

107 peer-reviewed articles. As of October 8, 2026, **Google Scholar's Summary of Citation Metrics: Total citations=6519, h-index=44, i10 index=136**

1. **Chen, W.**, Fisher, G., & Cui, Y., ^bBaalawi, H., Larson, J. (2026). Feasibility and effectiveness of a multimodal exercise intervention on physical activity and physical functions among low-income older adults. *Geriatric Nursing*. 72, <https://doi.org/10.1016/j.gerinurse.2026.104160>.
2. ^bElayyan, M., ^bLiener, S., ^aAlwaleedi, A., ^bGarcia-Chope, K., ^bSheik, A., ^bJandali, D., Hammoud, D., & ***Chen, W.** (2026). Impacts of Ramadan on psychological well-being, life satisfaction, and subjective happiness. *Psychology*. 17(4), 397-413 <https://www.scirp.org/journal/psych>
3. Park, S., Wipfli, B., Li, Z., Veliz, P., **Chen, W.**, Rosenberg, M.A., Larson, J. (2026). Sedentary behaviors and physical activity among IT workers. *Journal of Occupational and Environmental Medicine*. 68(3):241-247. | DOI: 10.1097/JOM.0000000000003572
4. Son, J. Y., Marriott, D. J., Struble, L. M., **Chen, W.**, Ron Dechert, R., She'Lon Tucker, S., Larson, J. L. (2025). Physical activity and sedentary behavior in assisted living residents: Feasibility and acceptability of a longitudinal study. *Journal of Applied Gerontology*. 2025 Dec 20:7334648251408186. doi: 10.1177/07334648251408186.
5. ^bKalata, C., ^bLiener, S., ^bMa, I., ^bOstroff, R., Berkey, D., & ***Chen, W.** (2025). Physical Activity and Social-Emotional Learning Contribute to Resilience and Psychological Well-Being in School-aged Children. *American Journal of Health Education*, 57(1):1-10. DOI: 10.1080/19325037.2025.2536774
6. ^aMarens, M. W., Marzec, M., Kilbourne, A., Colabianchi, N., & ***Chen, W.** (2025). Workplace culture of health, remote work, and employee wellbeing: a mixed methods study. *Journal of Occupational and Environmental Medicine*. 2025 Oct 1;67(10):813-822. doi: 10.1097/JOM.0000000000003473.
7. ^bKalata, C., ^bReyes, R., ^bKuhail, K., Larson, J.L., & ***Chen, W.** (2025). Barriers to physical activity in low-income older adults living in senior housing. *Healthcare*, 13, 1159. <https://doi.org/10.3390/healthcare13101159>
8. Qu, L., Colombi, C., **Chen, W.**, Millier, A., Millier H., Ulrich, D.A. (2024). The efficacy of a culturally adapted group-based parent coaching program for autistic children in China via telehealth: A randomized controlled trial. *Journal of Autism Developmental Disorders*. <https://doi.org/10.1007/s10803-024-06543-8>
9. ^bBelaire E, ^bMualla, F., ^bBall, L., ^bMa, I., Berkey, D., & ***Chen, W.** (2024). Relationship of social emotional learning, resilience, psychological well-being, and depression with physical activity among school-aged children. *Children*, 11, 1032. <https://doi.org/10.3390/children11081032>

10. Son, J.Y., Marriott, D.J., Struble, L.M., **Chen, W.**, Larson, J. (2024) Factors for transfer to a nursing home from assisted living facilities: national health aging trends study 2011-2019. *Journal of the American Geriatric Society*. doi: 10.1111/jgs.19147. 3.
11. Park, S., Lee, S., Seoyoon Woo, S., Webster-Dekker, K., **Chen, W.**, Veliz, P., & Larson, J. (2024). Sedentary behaviors and physical activity for the working population measured by accelerometers: A systematic review and meta-analysis. *BMC Public Health*, 6;24(1):2123. doi: 10.1186/s12889-024-19449-y.
12. ^aZhang, Z., Giordani, B., & ***Chen, W.** (2024). Impact of a Multicomponent Physical Activity Intervention on Psychological Well-Being in Older Adults. *Sage Open*, 14(3). <https://doi.org/10.1177/21582440241266105>
13. Jandali, D., Alwaleedi, A., Marenus, M., Liener, S.R., Sheik, A., Elayyan, M., & **Chen, W.** (2024). Mental health, sleep quality, and psychological well-being during the month of Ramadan. *Healthcare*, 12, 1301. <https://doi.org/10.3390/healthcare12131301>
14. ^aMarenus, M. W., Marzec, M., Kilbourne, A., Colabianchi, N., & ***Chen, W.** (2024, accepted). Workplace culture of health and employee physical activity: the moderating effects of gender and depression. *Discover Psychology*, 4, 70 (2024). <https://doi.org/10.1007/s44202-024-00173-y>
15. Son, J. Y., Woo, S., Struble, L.M., Marriott, D.J., **Chen, W.**, & Larson, J.L. (2024). Objectively measured physical activity and sedentary behaviors among residents of assisted living: A scoping review. *Journal of Applied Gerontology*. 2024 Apr 25:7334648241248332. doi: 10.1177/07334648241248332.
16. ^aMarenus, M., ^bFriedman, K., ^bSanowaski, J., ^aMurray, A., ^bOttensoser, H., ^bCahuas, A., ^bKumavarel, V., & ***Chen, W.** (2024). Psychological predictors of physical activity intensity among college students. *Journal of American College Health*, 72(2), 398-407. DOI: 10.1080/07448481.2022.2037614
17. ^aHarrison, T. L., ^aMerenus, M.W., & ***Chen, W.** (2024). Reducing Anxiety and Enhancing Mindfulness in College Students during COVID-19 through WeActive and WeMindful Interventions. *Healthcare*, 12, 374. <https://doi.org/10.3390/healthcare12030374>
18. ^bAlbedry, B., ^aMarenus, M., & ***Chen, W.** (2024). The relationship between employee physical activity intensity and workplace burnout. *Journal of Occupational and Environmental Medicine*, 66(4):316-320. doi: 10.1097/JOM.0000000000003043.
19. ^aMarenus, M. W., Marzec, M., Kilbourne, A., Colabianchi, N., & ***Chen, W.** (2023). The Validity and Reliability of the Workplace Culture of Health Scale - Short Form. *Journal of Occupational and Environmental Medicine*. DOI: 10.1097/JOM.0000000000002949
20. ^bAlbedry, B., ^bAmmons, L., ^aMarenus, M., ^bHammoud, D., ^bJandali, D., Chrzanowski, M., & ***Chen, W.** (2023). The effects of an adventure education pilot study on social emotional

- learning, resilience, and physical activity among high school students. *American Journal of Health Education*, 54:5, 329- 342. DOI: [10.1080/19325037.2023.2234976](https://doi.org/10.1080/19325037.2023.2234976)
21. ^aMarens, M., Marzec, M., ***Chen, W.** (2023). A scoping review of workplace culture of health measures. *American Journal of Health Promotion*, 2023;0(0). doi:10.1177/08901171231179160.
 22. ^aMarens, M., ^bCahuas, A., ^aMurray, A., ^bFriedman, K., ^bOttensoser, H., ^bHammoud, D., ^bSnowski, J., ^bKumaravel, V., & ***Chen, W.** (2023). Effectiveness of web-based physical activity interventions in resilience and mindfulness. *International Journal of Environmental Research and Public Health*. 2023, 20(8), 5463; <https://doi.org/10.3390/ijerph20085463>.
 23. ^aZhou, W., Reddy, R. M., Smith, E.M.L., Veliz, P.T., **Chen W.**, Webster, K., & Larson, J.L. (2023). Objectively measured physical activity in patients with lung cancer after surgery: Feasibility and acceptability of a longitudinal approach. *Journal of Geriatric Oncology*, Volume 14, Issue 3, 101467, <https://doi.org/10.1016/j.jgo.2023.101467>.
 24. ^aZhou, W., Veliz, P., Reddy R., Smith E., **Chen, W.**, Larson, J.L. (2023). Comparison of prediagnosis physical activity and its correlates among lung, breast, colorectal and prostate cancer patients: accelerometer data from the UK Biobank prospective cohort. *International Journal of Environmental Research Public Health*, 20, 1001. <https://doi.org/10.3390/ijerph20021001>
 25. ^bCahuas, A., ^aMarens, M., ^bKumaravel, V., ^aMurray, A., ^bFriedman, K., ^bOttensoser, H., & ***Chen, W.** (2023). Perceived social support and COVID-19 impact on quality of life in college students: an observational study. *Annals of Medicine*, 55:1, 136-145, DOI: 10.1080/07853890.2022.2154943
 26. **Chen, W.**, Zhang, Z., Giordani, B., & Larson, J. (2022). Impacts of a 12-week 4Active intervention on physical activity and cognitive flexibility among older adults. *OBM Geriatrics*, 6(4):18; doi:10.21926/obm.geriatr.2204218.
 27. ^aMarens, M., Marzec, M., ***Chen, W.** (2022). Association of Workplace Culture of Health and Employee Emotional Wellbeing. *Journal of Environmental Research and Public Health*. 19, 12318. <https://doi.org/10.3390/ijerph191912318>
 28. Qu, L., Chen, H., Miller, H., Miller, A., Colombi, C., **Chen, W.**, & Ulrich, D. A. (2022). A Mixed Methods Evaluation of the Satisfaction and Acceptability of a Group-based Parent Coaching Intervention in China via Telehealth Based on the Early Start Denver Model. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2022.859145>
 29. ^aZhou, W., Webster, K., Smith, E., **Chen, W.**, Veliz, P., Reddy, R., & Larson, J. (2022). Physical activity in surgical lung cancer patients: a systematic review. *Supportive Care in Cancer*. <https://doi.org/10.1007/s00520-022-07018-1>

30. ^aZhang, Z., Giordani, B., Margulis, A., & ***Chen, W.** (2022). Efficacy and acceptability of using wearable activity trackers in older adults living in retirement communities: A mixed method study. *BMC Geriatrics*. 22:231 <https://doi.org/10.1186/s12877-022-02931-w>
31. **Chen, W.**, Gu, X., Chen, J., & Wang, X. (2022). Associations of cardiorespiratory fitness and cognitive function with psychological well-being in school-aged children. *International Journal of Environmental Research and Public Health*. 19, 1434. <https://doi.org/10.3390/ijerph19031434>.
32. ^aMurray, A., ^aMarens, M., ^bCahuas, A., ^bFriedman, K., ^bOttensoser, H., ^bKumaravel, V., ^bSanowski, J., & ***Chen, W.** (2022). The Impact of web-based physical activity interventions on depression and anxiety among college students: Randomized control trial. *Journal of Medical Internet Research*. 6(4):e31839, doi: 10.2196/31839
33. ^bFredman, K., ^aMarens, M., ^aMurray, A., ^bCahuas, A., ^bOttensoser, H., ^bSanowski, J., & ***Chen, W.** (2022). Enhancing physical activity and psychological wellbeing in college students during COVID-19 through WeActive and We-Mindful intervention. *International Journal of Environmental Research and Public Health*. 19, 4144. <https://doi.org/10.3390/ijerph19074144>
34. ^bChen, M., He, Z., ^aZhang, Z., & ***Chen, W.** (2022). Association of physical activity and positive thinking with global sleep quality among college students. *Scientific Reports*. (2022) 12:3624. <https://doi.org/10.1038/s41598-022-07687-2>
35. **Chen, W.** ^aZhang, Z., Giordani, B., & Larson, J. (2022). Technology-enhanced 4Active intervention impacting psychological well-being and physical activity among older adults: A pilot study. *International Journal of Environmental Research and Public Health*, 19, 556. <https://doi.org/10.3390/ijerph19010556>
36. ^aMarens, M., ^aMurray, A., ^bFriedman, K., ^bSanowski, ^bOttensoser, H., ^bCahuas, A., ^bKumaravel, V., & ***Chen, W.** (2021). Feasibility and effectiveness of the WeActive & WeMindful interventions on physical activity and psychological well-being. *BioMed Research International*. <https://doi.org/10.1155/2021/8400241>
37. **Chen, W.**, Wang, X., Gu, X., & ^aChen, J. (2021). The impacts of coordinated-bilateral ball skills intervention on cognitive function and cardiorespiratory fitness in elementary school students. *International Journal of Environmental Research and Public Health*. 18, 11634. <https://doi.org/10.3390/ijerph182111634>
38. ^aMurray, A., ^bOttensoser, H., ^aMarens, M., ^bCahuas, A., ^bFriedman, K., & ^bKumaravel, V., & ***Chen, W.** (2021) Anxiety, depression, and sleep quality during COVID-19 pandemic among college students. *Journal of Tourism and Sports Management*. 4(2), 975-987.
39. ^aChen, J., Wang, X., Wu, S., Zhang, J., & ***Chen, W.** (2021). Potential predictors of psychological well-being in elementary school students. *Children*. 8(9), 798. <https://doi.org/10.3390/children8090798>

40. ^aChen, J., Wang, X., & ^{*}Chen, W. (2021). Impact of bilateral-coordinated aerobic physical activities on manipulative skill competency in elementary school students. *Children*, 8, 517. <https://doi.org/10.3390/children8060517>
41. ^bMargulis, A., ^bAndrews, K., He, Z., & ^{*}Chen, W. (2021). The Effect of team sports on stress and anxiety in college students. *Current Psychology*. <https://doi.org/10.1007/s12144-021-01881-7>
42. ^aZhang, Z., & ^{*}Chen, W. (2021). Longitudinal associations between physical activity and purpose in life among older adults: A cross-lagged panel analysis. *Journal of Aging and Health*. 33(10):941-952. DOI: 10.1177/08982643211019508
43. ^aChen, J. Wang, X., ^aZhang, Z., & ^{*}Chen, W. (2021). Assessing elementary school students' manipulative skill competency in China. *International Journal of Environmental Research and Public Health*, 18, 3150. <https://doi.org/10.3390/ijerph18063150>
44. Gu, X., Tamplain, P., **Chen, W.**, Zhang, T., Jean Keller, J., & Wang, J. (2021). understanding the trajectory of childhood obesity: A reciprocal pathway between fundamental motor skills and physical activity. *Children*, 8, 64. <https://doi.org/10.3390/children8020064>
45. Gu, X, Fu, Y, Tamplain, P., **Chen, W.**, Zhang, T., and Wang, J. (2020). A causal pathway of physical activity to motor competence in childhood: evidence from a school-based intervention. *Journal of Sports Science*. DOI: 10.1080/02640414.2020.1826666
46. **Chen, W.**, Bowers, C., & Kulinna, P.H. (2020). Move to Read" pilot program for academically struggling students. *Journal of Teaching in Physical Education*, 40(2), 322-326. 10.1123/jtpe.2020-0015.
47. ^aZhang, Z., He, Z., & ^{*}Chen, W. (2020). The relationship between physical activity intensity and subjective well-being in college students. *Journal of American College Health*, DOI: 10.1080/07448481.2020.1790575
48. **Chen, W.** Yu, S., & Xiong, D. (2020). Effects of Tai Chi intervention on perceived stress, anxiety, and sleep quality in college students. *Advances in Physical Education*. 10, 54-67. DOI: 10.4236/ape.2020.101006
49. ^aZhang, Z., Giordani, B., & ^{*}Chen, W. (2020). Fidelity and feasibility of a multicomponent physical activity intervention in a retirement community. *Geriatric Nursing*, 41(4), 394-399. <https://doi.org/10.1016/j.gerinurse.2019.12.002>
50. ^bJohnston, S., ^bRoskowski, C., He, Z., & ^{*}Chen, W. (2020). Effects of team sports on anxiety, depression, perceived stress, and sleep quality in college students. *Journal of American College Health*. DOI: 10.1080/07448481.2019.1707836

51. ^aZhang, Z., Chen, B., & ***Chen, W.** (2019). The mediating effect of perceived health on the relationship between physical activity and subjective well-being in Chinese college students. *Journal of American College Health*. DOI: 10.1080/07448481.2019.1645676
52. ^aZhang, Z., & ***Chen, W.** (2019). A Systematic Review of Measures for Psychological Well-Being in Physical Activity Studies and Identification of Critical Issues. *Journal of Affective Disorders*, 256, 473-485.
53. ^bCahuas, A., He, Z., Zhang, Z. & ***Chen, W.** (2019). Relationship of physical activity and sleep with depression in college students. *Journal of American College Health*. <https://doi.org/10.1080/07448481.2019.1583653>
54. ^aZhang, Z., & ***Chen, W.** (2019). A Systematic review of the relationship between physical activity and happiness. *Journal of Happiness Studies*, 20 (4), 1305-1322.
55. ^aZhang, Z., He, Z., ^bBrooke, C., ^aWei, M.Y., ^bLaChappa, A., ^bChen, M., & ***Chen, W.** (2019). The acute effects of an afternoon physical activity class on children's attentional performance. *International Journal of Sport Psychology*, 50, 26-37.
56. ^aBuchele, H., & ***Chen, W.** (2018). Impact of technology-enhanced classroom activity breaks on daily real time physical activity and aerobic fitness in school-aged children. *Journal of Clinical Medicine*, 7(7), 165. doi:10.3390/jcm7070165
57. ^aZhang, Z., Zhang, B., Cao, C., & ***Chen, W.** (2018). The Effects of active workstation use on executive function in Chinese college students. *PLoS ONE*. 13(6): e0197740. <https://doi.org/10.1371/journal.pone.0197740>
58. ^aBuchele, H., Cortina, K., Templin, T., Colabianchi, N., & ***Chen, W.** (2018). Impact of coordinated-bilateral physical activities on attention and concentration in school-aged children. *BioMed Research International*. <https://doi.org/10.1155/2018/2539748>
59. **Chen, W.**, ^bHammond-Bennett, A., ^bHypnar, A., & ^bMason, S. (2018). Health-related physical fitness and physical activity in elementary school students. *BMC Public Health*. 18:195. DOI 10.1186/s12889-018-5107-4
60. **Chen, W.**, ^aZhang, Z.J., ^bCallaghan, B., ^bLaChappa, A., ^bChen, M., & He, Z. (2017). Effects of an acute bout of aerobic physical activity on attention and concentration in school-aged children. *Biomedical Journal of Scientific and Technical Research*, 1(5), 1-8. DOI: 10.26717/BJSTR.2017.01.000456
61. **Chen, W.**, Hua, M., Yu, S., Wang, X., & Ulrich, D. (2017). Association of positive psychological well-being and BMI with physical and mental health among college students. *Biomedical Journal of Scientific and Technical Research*, 1(4), 1-9. DOI: 10.26717/BJSTR.2017.01.000370

62. **Chen, W.**, ^bHammond-Bennett, A., & ^bHypnar, A. (2017). Examination of motor skill competency in K-1 grades students: evidence-based physical education curriculum. *BMC Public Health*, 17: 222. DOI 10.1186/s12889-017-4105-2
63. ^bSullivan, R., ^bVandeering, M., ^bKuzel, A., & ***Chen, W.** (2017). The Association of physical activity and academic behavior: A systematic review. *Journal of School Health*, 87, 388-398.
64. **Chen, W.**, ^bHammond-Bennett, A., ^bMason, M., & ^aZalmout, S. (2016). Manipulative skill competency and physical fitness in elementary school children. *Journal of Sport and Health Science*, 5, 491-499.
65. **Chen, W.**, ^bMason, S., ^bHypnar, A., & ^bHammond-Bennett, A. (2016). Association of quality physical education teaching with students' physical fitness. *Journal of Sport Science and Medicine*, 15, 335-343.
66. **Chen, W.**, Wang, X., ^aBuchele, H., ^bKuzel, A., ^bSullivan, R., & ^bVaanderning, M. (2016). Concurrent effects of school-based physical activity intervention on BMI status and academic achievement in school-aged children. *International Journal of Case Studies*, 5(3), 32-46.
67. **Chen, W.**, ^bMason, S., ^bHypnar, A., & ^bHammond-Bennett, A. (2016). Assessing manipulative skill competency in elementary school students: A three-year study. *Journal of Sports Science and Medicine*, 15, 102-110.
68. **Chen, W.**, Zhu, W., ^bMason, S., ^bHammond-Bennett, A., & ^bColombo-Dougovito, A. (2016). Effectiveness of quality physical education in improving students' manipulative skill competency. *Journal of Sport and Health Science*, 5, 233-240.
69. **Chen, W.**, ^bHypnar, A., ^bMason, S., & ^bHammond-Bennett, A. (2015). Assessing levels of physical fitness in elementary school students. *International Journal of Case Studies*, 4(11), 41-49.
70. **Chen, W.**, ^bHammond-Bennett, A., ^bMason, S., & ^bHypnar, A. (2015). Motor skill competency and physical activity in elementary school students. *International Journal of Humanities Social Sciences and Education*, 2(4), 76-83.
71. **Chen, W.**, & ^bHypnar, A. (2015). Self-Determination in physical education and attitudes toward physical activities among elementary school students. *Journal of Teaching in Physical Education*, 34, 189-209.
72. **Chen, W.**, & ^bHendricks, K. (2015). Pre-service teachers' subject matter, competency, and quality of teaching practices: The exploratory case studies. *British Journal of Education, Society, & Behavioral Science*, 5(2), 224-236.
73. **Chen, W.**, ^bHypnar, A., ^bMason, S., ^bHammond-Bennett, A., & ^aZalmout, S. (2014). Elementary school students' daily physical activity behaviors: A contributing role of quality

physical education teaching in comprehensive school-based physical activity program. *Journal of Teaching in Physical Education*, 33, 592-610.

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PEER-REVIEWED ABSTRACTS

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16. **Chen, W.**, Harris, H. (2018). Impact of coordinated-bilateral physical activities on attention and concentration in school-aged children. *Medicine & Science in Sports & Exercise*, 50(5S):
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33. **Chen, W.**, McCaughtry, N., Hypnar, A., Lewis, B., & Hammond-Bennett, A. (2012). Effects of professional development on teachers' implementation of innovative curricula. *Research Quarterly for Exercise and Sport*, 83, A-40
34. **Chen, W.**, Valley, M., Lewis, B., Mason, S., Bennett-Hammond, A., Staniszewski, C., & Upton, A. (2012). Assessing in-service teachers' quality teaching practices: A validation study. *Research Quarterly for Exercise and Sport*, 83, A-28.
35. **Chen, W.**, Archibald, K., Hendricks, K., & Boehner, S. (2010). Development and validation of assessing game performance competency rubrics. *Research Quarterly for Exercise and Sport*, 81, A-9.
36. **Chen, W.**, Hendricks, K., Archibald, K., & Boehner, S. (2010). Development and validation of the quality teaching assessment instrument. *Research Quarterly for Exercise and Sport*, 81, A-9.

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38. Hendricks, K., Archibald, K., Boehner, S., & **Chen, W.** (2010). Influence of pre-service teachers' skill ability on their teaching practices in basketball unit. *Research Quarterly for Exercise and Sport*, 81, A-10.
39. Boehner, S., Hendricks, K., Archibald, K., & **Chen, W.** (2010). Pre-service teachers' skill ability and their teaching practices in volleyball unit. *Research Quarterly for Exercise and Sport*, 81, A-11.
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46. **Chen, W.**, & Susko, J. (2003). Preservice teachers' self-evaluation of achieving the NASPE standards: Development and validation of an instrument. *Research Quarterly for Exercise and Sport*, 74, A-41.
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50. **Chen, W.** (2001). From a social constructivist perspective: The influence of teacher education programs and school cultures on student teachers' disposition and situated pedagogical content knowledge. *Research Quarterly for Exercise and Sport*, 72, A-59.
51. **Chen, W.**, & Swalm, R. (1999). Promoting students' metacognition, cooperation, and self-efficacy within outdoor adventure activities. *Research Quarterly for Exercise and Sport*, 70, A-80.
52. **Chen, W.**, & Rovegno, I. (1999). Facilitating critical thinking skills: A constructivist-oriented approach to teaching game strategies in child-designed games. *Research Quarterly for Exercise and Sport*, 70, A-80.
53. **Chen, W.**, & Rovegno, I. (1998). Development of a rubric to assess expertise in teaching educational game lessons from constructivist perspectives. *Research Quarterly for Exercise and Sport*, 69, A-85.
54. **Chen, W.**, Garner, R., & Rovegno, I. (1997). Solving social and cognitive challenge tasks in the "zone of proximal development. *Research Quarterly for Exercise and Sport*, 68, A-75.
55. **Chen, W.**, Winsler, A., & Rovegno, I. (1996). Preservice teachers' construction of pedagogical content knowledge for teaching physical education. *Research Quarterly for Exercise and Sport*, 67, A-76.
56. **Chen, W.** (1996). Self-schema about body image and personal value orientation toward physical activities. *Research Quarterly for Exercise and Sport*, 67, A-106.
57. **Chen, W.**, & Rovegno, I. (1995). An interpretive study of two prospective teachers' pedagogical content knowledge acquisition of the movement approach in physical education methods course. *Research Quarterly for Exercise and Sport*, 68, A-59.

EXTRAMURAL GRANTS FUNDED

1. **Chen, W.**, Co-Investigator

Project title: *Feasibility, Acceptability and Effectiveness of a Light Physical Activity Program to Reverse Pre-Frailty in Older Adults: A Cluster-Randomized Controlled Trial* (01/01/2026-12/31/2028)
 Source: China Medical Board Foundation
 Co-PIs: K. Webster-Dekker and W. Zhou
 Award: \$100,000

2. Chen, W., Principal Investigator

Project Title: *Sustaining Quality Physical Education for Healthy Kids* (2023-2025)

Source: R-2304-151978, 2023 Nutrition and Healthy Lifestyles, Michigan Health Endowment Fund.

Award: \$200,000.00

3. Chen, W., Co-Investigator

Project Title: *Relocation Experience and Physical Activity and Sedentary Behavior: Newly Admitted Residents of Assisted Living Facilities* (2024-2025)

Source: 24-PAF03231, Sigma Theta Tau International Honor Society of Nursing dba Sigma Global Nursing Excellent, 776550

Award: \$5,000.00

PI: Larson, Janet, School of Nursing

4. Chen, W., Co-Investigator

Project Title: *Sedentary Behavior and Physical Activity in University IT Workers*,

Source: The 2023-24 NIOSH (National Institute of Occupational Safety and Health) Pilot Project Research Training Grant

Award: \$21,463.92

PI: Park, S., School of Nursing

5. Chen, W., Co-Investigator

Project Title: *Sedentary Behaviors and Physical Activity in University IT Workers*

Source: 2023 Sigma Theta Tau International/American Board for Occupational Health Nurses Grant

Award: \$5,000

PI: Park, S., School of Nursing

6. Chen, W., Mentor

Project: *The preparation of leadership personnel to implement the research to practice model in adapted physical education and pediatric physical therapy* (09/01/2016-08/31/2021)

Source: H325D160032, Department of Education, USA.

Award: \$1,216,353.00

Principal Investigator: Dale Ulrich, Professor of School of Kinesiology, University of Michigan

7. Chen, W., Co-investigator

Project: *Developing the big data platform for promoting physical health and psychosocial well-being in youth and adolescents* (12/2016-12/2021)

Source: 16ZDA228, National Social Science Funding Agency, National Key Project, China

Award: ¥800,000.00 (\$121,271.2 with current exchange rate: ¥1.00= \$.151589)

Principal Investigator: Xiaozan Wang, Professor of School of Physical Education and Health, East China Normal University, Shanghai, China.

8. Chen, W., Co-investigator

Project: *Studying movement model in pre-schools* (1/2016-12/2017)

Source: Shanghai Department of Education, China

Award: ¥300,000.00 (\$45,476.7 with current exchange rate: ¥1.00= \$.151589)

Principal Investigator: Xiaozan Wang, Professor of School of Physical Education and Health, East China Normal University, Shanghai, China.

9. Chen, W., Co-investigator

Project: *Examining strategies for solving problems of physical education in youth: A perspective from the comprehensive and profound reform of education in China* (12/2015-12/2017)

Source: ALA150010, National Social Science Funding Agency, China

Award: ¥300,000.00 (\$45,476.7 with current exchange rate: ¥1.00= \$.151589)

Principal Investigator: Xiaozan Wang, Professor of School of Physical Education and Health, East China Normal University, Shanghai, China.

10. Chen, W., Principal Investigator, in partnership with Huron Valley Public Schools.

Project: *The smart kids and healthy kids* (09/01/2012-01/31/2013)

Sources: U.S. Department of Education: Carol M. White Physical Education Program (PEP) CFDA 84.215F

Award for no cost extension: \$58,637.00

11. Chen, W., Principal Investigator, in partnership with Livonia Public Schools.

Project: *Reaching the bar together* (2009-2012)

Source: U.S. Department of Education: Carol M. White Physical Education Program (PEP) CFDA 84.215F

Award: \$592,069.00

12. Chen, W., Principal Investigator, in partnership with Huron Valley Public Schools.

Project: *The smart kids and healthy kids* (2009-2012)

Source: U.S. Department of Education: Carol M. White Physical Education Program (PEP) CFDA 84.215F

Award: \$554,619.00

13. Chen, W., Mentor

Project: *The preparation of leadership personnel to implement the research to practice model in adapted physical education & pediatric physical therapy* (10/1/11-09/30/15)

Source: U.S. Department of Education

Award: \$977,302.00

Principal Investigator: Dale Ulrich, School of Kinesiology, University of Michigan

14. Chen, W., Co-Principal Investigator, co-principal investigator: Brown, S. H. C., & co-Investigator: Sawyers, K.

The impact of the high scope movement and music program on childhood health and learning (2005)

Source: Weikart Foundation.

Award: \$29,230.00

INTRAMURAL GRANTS/FUNDS AWARDED

1. Chen, W. Principal Investigator

Project: *Improving Cognitive and Physical Functioning in Frail Older Adults through Mixed Reality Intervention.*

Source: 2026 Donor Innovation Grant, School of Kinesiology

Award: \$5,000

2. Chen, W. Principal Investigator

Project: *Enhancing Physical Activity, Mental Health, and Well-Being in U of M Students during COVID-19 through WeActive and WeMindful Interventions (2021-2022)*

Source: University of Michigan Marie Hartwig Pilot Research Fund

Award: \$7,500

3. Chen, W. Principal Investigator

Project: *Testing a Technology-Enhanced Active Body and Mind Intervention for Older Adult (2019-2020)*

Source: TSF Faculty Supplemental Research Fund, University of Michigan

Award: \$1,500.00

4. Chen, W. Principal Investigator

Project: *Impacts of Technology-Enhanced Active Body and Mind Intervention on Executive Functions, Functional Fitness, and Psychological Well-beings in Community-Dwelling Older Adults (2019-2020).*

Source: Donor Innovation Grant

Award: \$5,000.00

5. Chen, W. Principal Investigator

Project: *Physical Activity, Sleep Quality, and Psychological Well-Being Among College Students (2018-2019)*

Source: TSF Faculty Supplemental Research Fund, University of Michigan

Award: \$ 1,500.00

6. Chen, W. Principal Investigator

Project: *Impacts of Bilateral Coordinated Aerobic Physical Activity on Physical Fitness, Cognition, and Psychological Well-Being (2018-2019)*

Source: TSF Faculty Supplemental Research Fund, University of Michigan

Award: \$1,500.00

7. Chen, W. Principal Investigator

Project: *Effects of physically active recess on attention and concentration in school-aged children* (2016-2017)

Source: TSF Faculty Supplemental Research Fund, University of Michigan

Award: \$1,500.00

8. Chen, W. Principal Investigator

Project: *Development of brain-engaging coordinated aerobic physical activity interventions* (2016-2017)

Source: Hartwig Fund

Award: \$9,800.00

9. Chen, W. Principal Investigator

Project: *Impact of brain cognition and technology-enhanced physical activity intervention* (2015-2016)

Source: TSF Faculty Supplemental Research Fund, University of Michigan

Award: \$3,522.00

10. Chen, W. Principal Investigator

Project: *Impact of physical activity participation on physical health and psychological wellbeing among Chinese college students* (2015-2017)

Source: Joint Research Fund awarded by the Center for Chinese Studies, University of Michigan.

Award: \$20,000.00

11. Chen, W. Principal Investigator

Project: *Impact of brain coordinated exercises on cognitive functioning in elementary school-aged children* (2015-2016)

Source: Hartwig Fund

Award: \$10,000.00

12. Chen, W. Principal Investigator

Project: *Relationship between physical activity and brain health* (2014-2015)

Source: Hartwig Fund

Award: \$5,000.00

13. Chen, W. Principal Investigator

Project: *Impact of physical, psychological, and social aspects of physical activity on emotional well-being of Chinese college students* (2014-2015)

Source: Exploratory Travel Grant from the Center for Chinese Studies

Award: \$2,500.00

14. Chen, W. Principal Investigator

Project: *Association of physical fitness and motor skill competency with physical activity levels* (2013-2014)

Source: Hartwig Fund

Award: \$5,000.00

15. Chen, W. Principal Investigator*Assessing students' achieving the content standards (2012-2013)*

Source: Hartwig Fund

Award: \$10,000.00

16. Chen, W., Principal Investigator*Psychosocial influences on the students' physical activity participation (2010-2011)*

Source: Hartwig Fund

Award: \$10,000.00

17. Chen, W., Principal Investigator*Impact of pre-service teachers' game performance competency on their teaching (2009-2010)*

Source: Hartwig Fund

Award: \$10,000.00

18. Chen, W., Principal investigator.*Integration of physical education with mathematical concepts: Broaden horizons and deepen understanding (March 1, 2004-June 1, 2005).*

Source: University of Michigan, Office of the Vice President for Research.

Award: \$15,385.00

18. Chen, W., Principal investigator.*Facilitating students' critical thinking skills and cooperative abilities within adventure programming (1998)*

Source: Temple University, Office of Research.

Award: \$4,500

PEER REVIEWED RESEARCH PRESENTATIONS AT PROFESSIONAL MEETINGS

1. Alwaleedi, A., & **Chen, W.** (2026, July 7-10). Physical Activity behavior during the month of Ramadan: a cross-cultural study presented at the 31st European College of Sport Science (ECSS) Annual Meeting in Lausanne, Switzerland.
2. Son, J. Y., Marriott, D. J., Struble, L. M., **Chen, W.**, Dechert, R., Tucker, S., & Larson, J. L. (May 26-29). *Trajectory of Physical Activity and Sedentary Behavior in Assisted Living Residents: A Pilot Study* presented at the 2026 American College of Sports Medicine Annual Meeting, Salt Lake City, UT.
3. Chadha, J., Kircher, A., Sun, E., Li, K., Berkey, D., & **Chen, W.** (2026, October 21-23). Relationship of Psychosocial Factors and Physical Health Indicators with Mental Health in Elementary School-Aged Children. Submitted at the 2026 Midwest ACSM Regional Chapter Annual Meeting, Grand Rapids, MI.

4. Ball, L., Baalawi, H., Elayyan, M., Alwaleedi, A., Alregib, S., Berkey, D., & **Chen, W.** (2026, October 21-23). Associations of mental well-being and health, cardiorespiratory fitness, and physical activity with social-emotional learning in middle school students. Submitted at the 2026 Midwest ACSM Regional Chapter Annual Meeting, Grand Rapids, MI.
5. Liener, S., Garcia-Chope, K., Alwaleedi, A., & **Chen, W.** (2025). Impacts of Ramadan on psychological well-being, life satisfaction, and subjective happiness in the USA. Accepted to present at the 46th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, March 26-29, San Francisco, CA.
6. Tran, T. H., Lutz, B., Jia, Hui, Berkey, D., & **Chen, W.** (2025). Technology-enhanced quality physical education impacting moderate-to-vigorous physical activity and cardiorespiratory fitness. Accepted to present at the 2025 ACSM Annual Meeting being held at the Georgia World Congress Center in Atlanta, GA from May 27-30, 2025.
7. Elayyan, M., Sheik, A., Kuhail, K., Garcia-Chope K., Tran Y., Berkey, D., & **Chen, W.** (2025). Effects of smart-quality physical education intervention on social-emotional learning and physical activity in school-aged children. Accepted to present at the 2025 ACSM Annual Meeting being held at the Georgia World Congress Center in Atlanta, GA from May 27-30, 2025.
8. Mualla, F., Ball, L., Rossiter, F., Chadha, J., Jia, H., Hammoud, D., Debra Berkey, D., & **Chen, W.** (2025). The effect of a smart-quality physical education on mental health and well-being in 4th- and 6th- graders. Accepted to present at the 2025 ACSM Annual Meeting being held at the Georgia World Congress Center in Atlanta, GA from May 27-30, 2025.
9. Alwaleedi, A., Dera, A., Malaekah, S., **Chen., W.** (2025). Effects of Ramadan diurnal intermittent fasting on cardiometabolic health markers in healthy subjects with overweight and obesity: a systematic review, meta-analysis and meta-regression. presented at the ACSM annual meeting in Atlanta, GA, May 2025.
10. Alwaleedi, A., Rudayyan, F., Dera, A., Aljaloud, K., Bahammam, A., Haus, J., Larson, J., K., **Chen., W.** (2025). Physical Activity behavior and resting metabolic rate during the month of Ramadan: a systematic review, meta-analysis, and meta-regression. presented at the ECSS annual congress in Rimini, Italy, July 2025.
11. Alwaleedi, A., Radhyan, F. B., & **Chen, W.** (2024). Exploring physical activity intensity during diurnal intermittent fasting: Influence of working status among students, employed, and unemployed individuals, submitted to the American Public Health Association's 2024 Annual Meeting and Expo.
12. Alwaleedi, A., Dera, A., **Chen., W.** (2024). The predictive role of physical

activity on cardiometabolic health markers following four weeks of dawn-to-sunset dry fasting” presented at the 10th International Society for Physical Activity and Health Congress in Paris, France, October 2024.

13. Alwaleedi, A., Dera, A., Malaekah, S., **Chen., W.** (2024). Ramadan fasting improves liver function and selected inflammatory cytokines but not glycemic control markers in metabolically healthy individuals with overweight and obesity: a systematic review and meta-analysis” presented at the Obesity Week in San Antonio, TX, November 2024.
14. Son, J.Y., Marriott, D.J., Struble, L., **Chen, W.**, Larson, J. L. (2024, Nov 13-16). *Nursing Home Admission from Residential Care Facility: National Health Aging Trends Study (NHATS) 2011-2019*. Presented at Gerontological Society of America 2024 Annual Scientific Meeting, Seattle, WA.
15. Jandali, D., Alwaleedi, A., Sheik, A., Elayyan, M., Liener, S., & **Chen, W.** (2024). Mental Health, Sleep Quality, and Psychological Well-Being During the Month of Ramadan. Presented at the ISBNPA 2024 Annual Meeting, May 20-23, 2024, In Omaha, Nebraska.
16. Park, S., Zhao, L., Shannon, K., **Chen, W.**, Veliz, P., Rosenberg, M-A., & Larson, J. (April 5, 2024). Association between Sedentary Behavior, Physical Activity, and Metabolic Syndrome in IT Workers. Presented at the 2024 Midwest Regional ERC Symposium. Chicago, IL.
17. Alwaleedi, A., Sheik, A., Elayyan, M., & **Chen, W.** (2024). Effects of Ramadan fasting on body composition and lipids profile: an observational study. Presented at the 45th Society of Behavioral Medicine Annual Meeting, March 13-16, 2024, in Philadelphia, PA.
18. Park, S., Lee, S., Woo, S., Webster, K., **Chen, W.**, Veliz, P., & Larson, J. (2024). Measuring physical activity and sedentary behaviors in a working population using accelerometers: A systematic review and meta-analysis. Will be presented at the 2024 American Association of Occupational Health Nurses (June/virtual).
19. Park, S., Zhao, L., Shannon, K., **Chen, W.**, Veliz, P., Rosenberg, M-A., and Larson, J-L. (2024, October 27-30). *Association between sedentary behavior, physical activity, and metabolic syndrome in IT workers* [Oral presentation]. APHA 2024 Conference.
20. Alwaleedi, A., Hussein, A., **Chen, W.** (2023). Objective assessments of physical activity and sleep patterns during the month of Ramadan: an observational study. Presented at the ActiGraph Digital Data Summit 2024, Pensacola, FL, November 2023.

21. Marenus, M. W., Marzec, M., & **Chen, W.** (2023). *Workplace Culture of Health and Employee Wellbeing*. 33rd Annual Art and Science of Health Promotion Conference, March 29th – 31st, 2023.
22. Marenus, M. W., Marzec, M., Metzler, E., & **Chen, W.** (2022). *Exploring the Relationship between Workplace Culture of Health and Wellbeing*. 3rd International Symposium to Address Total Worker Health, October 11th - 14th, 2022.
23. Marenus, M., Friedman, K., Murray, A., Cahuas, A., Ottensoser, H., Sanowski, J., Kumaravel, V., & **Chen, W.** (2022). The effects of the web-based WeActive and WeMindful interventions on physical activity and resilience. Present at the 2022 American College of Sports Medicine Annual Meeting, World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise and Vascular Health, May 31-June 4, San Diego, CA.
24. Hammoud, D., Cahuas, A., Marenus, M., Friedman, K., Murray, A., Sanowski, J., Ottensoser, H., Kumavarel, V., & **Chen, W.** (2022). Promoting mindfulness and resilience through web-based *WeActive* and *WeMindful* interventions during the COVID-19 Pandemic. Present at the 2022 American College of Sports Medicine Annual Meeting, World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise and Vascular Health, May 31-June 4, San Diego, CA.
25. **Chen, W.**, Zhang, Z., Giordani, B., Larson, J. (2022). 4Active intervention for promoting physical activity and cognitive flexibility among older adults. Present at the 43rd Society of Behavioral Medicine Annual Meeting, April 6-9, 2022, in Baltimore, MD.
26. Murray, A., Ottensoser, H., Marenus, M., Cahuas, A., Friedman, K., & Varun Kumaravel, V., **Chen, W.** (2022) Anxiety, depression, and sleep quality among college students. Present at the 2022 SHAPE America National Convention and Expo, April 26-30, 2022, in New Orleans, LA.
27. Murray, A., Marenus, M., Cahuas, A., Friedman, K., Ottensoser, H., Kumaravel, V., Sanowski, J., **Chen, W.** (2022). The Impact of virtual physical activity interventions on depression and anxiety among college students: Randomized control trial. Present at the 2022 SHAPE America National Convention and Expo, April 26-30, 2022, in New Orleans, LA.
28. Chen, J., Xiaozan Wang, X., Wu, S., Zhong, J., & **Chen, W.** (2022). Potential predictors of psychological well-being in elementary school students. Present at 2022 SHAPE America National Convention and Expo being held on April 26-30, 2022, in New Orleans, LA.
29. Marenus, M. W., Cahuas, A., Murray, A., Ottensoser, H., Friedman, F., Kumaravel, V., Hasson, R., & **Chen, W.** (2021). *Associations between psychological well-being and physical activity intensity among college students*. Present in an ePoster at the virtual 2021 American College of Sports Medicine Annual Meeting, World Congress on

Exercise is Medicine® and World Congress on the Basic Science of Exercise in Regenerative Medicine, June 1-5, 2021.

30. Beemer, L. R., Marenus, M., Ajibewa, T. A., Schwartz, A., Eisman, A., Wassmann, A., Templin, T., Malinoff, L., Zernicke, R. F., Rabaut, L., **Chen, W.**, & Hasson, R. E. (2021). *Strength and comprehensiveness of school wellness policies in central Michigan school districts*. Present in an ePoster at the virtual 2021 American College of Sports Medicine Annual Meeting, World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise in Regenerative Medicine, June 1-5, 2021.
31. Chen, J., Wang, X., Wu, S., Cheng, M., Hou, S., & **Chen, W.** (2021). *A validation study of the PE-Metric assessment rubrics for assessing children's manipulative skill competency*. Present at the Research Program of the 2021 SHAPE America National Convention and Exposition.
32. **Chen, W.**, Zhang, Z., Giordani, B., & Larson, J. (2021, 3/22). *Impacts of the two-level 4Active intervention on psychological well-being and physical activity among older adults*. Present at the 42nd Society of Behavioral Medicine Annual Meeting.
33. Chen, J., Wang, X., & **Chen, W.** (2021). *Assessing elementary school students' manipulative skill competency in China*. Present at AIESEP Canada 2021 Virtual National Convention.
34. Zhang, Z., He, Z., & **Chen, W.** (2020). *The association between physical activity and eudaimonic well-being in college students*. Present at the 2020 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine in San Francisco, CA.
35. Gu, X., **Chen, W.**, Zhang, T. (2020). *Obesity in adolescence: Does motor competence or physical activity matter?* Presented at the 2020 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine in San Francisco, CA.
36. Chen, J., Wang, X., & **Chen, W.** (2020). *Impact of bilateral coordinated physical activities on manipulative skill competency in school-aged children*. Presented presentation at the Research Program of the 2020 SHAPE America National Convention and Exposition in Salt Lake, UT.
37. **Chen, W.**, He, Z., Maxwell, A., & Oknayan, G. (2020). *Impact of mind-body exercises on anxiety and sleep quality in college students*. Presented for presentation at the Research Program of the 2020 SHAPE America National Convention and Exposition in Salt Lake, UT.
38. **Chen, W.**, Cahuas, A., He, Z., & Zhang Z. (2019). *Relationship of physical activity and sleep with depression in college students*. Presented at the Research Program of the 2019 SHAPE America National Convention and Exposition in Tampa, FL.

39. Guo, M., Wang, X., **Chen, W.**, & Li, Q. (2019). *Validation studies of three physical activity questionnaires in college students*. Presented at the Research Program of the 2019 SHAPE America National Convention and Exposition in Tampa, FL.
40. Wang, X., Li, X., & **Chen, W.** (2019). *Evaluation of psychometric properties of the Test of Gross Motor Development –third edition (TGMD-3) in Chinese children*. Presented at the Research Program of the 2019 SHAPE America National Convention and Exposition in Tampa, FL.
41. Li, X., Wang, X., & **Chen, W.** (2019). *The association of students' fitness, attention, and academic achievement*. Presented at the Research Program of the 2019 SHAPE America National Convention and Exposition in Tampa, FL.
42. Zhang, Z., He, Z., & **Chen, W.** (2019). *The relationship between physical activity, sleep quality, and hope among college students*. Presented at the 40th Society of Behavioral Medicine Annual Meeting, Washington, DC.
43. Zhang Z., He, Z., & **Chen, W.** (2019). *The relationship between physical activity, sleep quality, and subjective well-being in college students*. Presented at the 2019 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine in Orlando, FL.
44. Zhang, Z., He, Z., & **Chen, W.** (2019). *The Mediating Effect of Stress on the Relationship between Physical Activity and Sleep Quality at the End of a Semester in College Students*. Presented at the 24th European College of Sport Science Congress, Prague, Czech Republic.
45. Zhang, Z., He, Z., **Chen, W.** (2018). *Acute effects of physically active recess on children's attention performance*. Presented at the Research Program of the 2018 SHAPE America National Convention and Exposition in Nashville, TN.
46. Wang, Z., Li, X., Guo, Q., **Chen, W.**, and Ward, P. (2018) *Effectiveness of break time physical activity on students' attention*. Presented at the Research Program of the 2018 SHAPE America National Convention and Exposition in Nashville, TN.
47. Zhang, Z., Chen, B., Li Q., **Chen, W.** (2018). *The mediating effect of perceived health on the relationship between physical activity and subjective well-being*. Presented at the 2018 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine in Minneapolis, MN.
48. **Chen, W.**, Harris, H. (2018). *Impact of coordinated-bilateral physical activities on attention and concentration in school-aged children*. Presented at the 2018 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic

Science of Energy Balance of the American College of Sports Medicine in Minneapolis, MN.

49. **Chen, W.**, Hua, M., Yu, S., & Wang, X. (2017). *Association of physical activity participation with sleep and health in college students*. Presented at the Research Program of the 2017 SHAPE America National Convention and Exposition in Boston, MA.
50. Zhang, Z., & **Chen, W.** (2017). *The effects of active workstation on executive functions in college students*. Presented at the Research Program of the 2017 SHAPE America National Convention and Exposition in Boston, MA.
51. Wang, X., Guo, Q., **Chen, W.**, & Housner, L. (2017). *Influence of physical activity and physical fitness on academic achievement*. Presented at the Research Program of the 2017 SHAPE America National Convention and Exposition in Boston, MA.
52. Guo, Q., Wang, X., **Chen, W.**, & Feng, Y. (2017). *Factors impacting physical activity: perceived exercise, fitness, and supportive environment*. Presented at the Research Program of the 2017 SHAPE America National Convention and Exposition in Boston, MA.
53. Zhang, Z., **Chen, W.**, Cao, C., & Zhang, B. (2017). *The effects of using a treadmill workstation on mental arithmetic ability*. Presented at the 2017 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine in Denver, CO.
54. **Chen, W.**, Wang, X., Mason, S., & Hypnar, A. (2016). *Contribution of quality physical education teaching to students' physical fitness*. Presented at the Research Program of the 2016 SHAPE America National Convention and Exposition in Minneapolis, MN.
55. **Chen, W.**, Chen, B., Hua, M., Yu, S., Li, Q., & Feng, H. (2016). *Association of mental health with physical activity, BMI, and positive psychological wellbeing in college students*. Presented at the 2016 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine in Boston, MA.
56. He, Z., & **Chen, W.** (2016). *Impact of different levels of physical activity on physical fitness in Chinese college students*. Presented at the 2016 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine in Boston, MA.
57. **Chen, W.**, Mason, S., Hammond-Bennett, A., & Zalmout, S. (2015). *Manipulative skill competency and physical activity in elementary school students*. Presented at the Research Program of the 2015 SHAPE America National Convention and Exposition in Seattle, WA.

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58. **Chen, W.**, Mason, S., Hammond-Bennett, A., & Zalmout, S. (2015). *Manipulative skill competency and physical fitness in elementary school children*. Presented at the Research Program of the 2015 SHAPE America National Convention and Exposition in Seattle, WA.
59. **Chen, W.**, Zalmout, S., Mason, S., & Hammond-Bennett, A. (2014). *Motor skill competency and physical fitness*. Presented at North American Society for Pediatric Exercise Medicine (NASPEM) 2014 Biennial NASPEM Scientific Meeting. Minneapolis, MN.
60. **Chen, W.**, Mason, S., Hammond-Bennett, A., Wolters, S., & Zalmout, S. (2014). *Development and validation of assessing quality teaching rubrics*. Presented at the World Conference on Physical Education and Sport: Challenges and Future Directions, Shanghai, China.
61. **Chen, W.**, & Guo, Y. (2014). *Elementary school students' self-determination and attitude toward physical activity*. Presented at the Research Program of the 2014 AAHPERD National Convention and Exposition in St. Louis, MO.
62. **Chen, W.** (2013). *Assessing motor competency and physical fitness among elementary school students*. Presented at the 2013 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention, Charlotte, SC.
63. **Chen, W.**, Hammond-Bennett, A., Mason, S., Wolters, S., & Zalmout, S. (2013). *Assessing 4th grade students' physical fitness*. Presented at the 2013 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention, Charlotte, SC.
64. Zalmout, S., Mason, S., Wolters, S., Hammond-Bennett, A., & **Chen, W.** (2013). *Assessing K-1 students' performance in motor skills*. Presented at the 2013 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention, Charlotte, SC.
65. Wolters, S., Zalmout, S., Mason, S., Hammond-Bennett, A., & **Chen, W.** (2013). *Assessment of 2nd- and 3rd-grade students' performance in motor skills*. Presented at the 2013 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention, Charlotte, SC.
66. Hammond-Bennett, A., Wolters, S., Mason, S., Zalmout, S., & **Chen, W.** (2013). *Assessing 4th and 5th grade students' performance in motor skills*. Presented at the 2013 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention, Charlotte, SC.
67. Mason, S., Wolters, S., Zalmout, S., Hammond-Bennett, A., & **Chen, W.** (2013). *Examination of gender differences in physical fitness among 5th Grade Students*.

Presented at the 2013 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention, Charlotte, SC.

68. **Chen, W.**, McCaughtry, N., Hypnar, A., Lewis, B., & Hammond-Bennett, A. (2012). *Effects of professional development on teachers' implementation of innovative curricula*. Presented at the 2012 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention, Boston, MA.
69. **Chen, W.**, Rickens, M. A., Bennett-Hammond, A., Upton, A., Mason, S., & Hendricks, K. (2012). *Accomplished teachers' quality teaching practices*. Presented at American Educational Research Association (AERA) Annual Meeting, Vancouver, CA.
70. **Chen, W.**, Rickens, M. A., Mason, S., L., Staniszewski, C., & Valley, M. (2012). *Assessing the quality of teachers' teaching practices*. Presented at the International Convention on Science, Education, and Medicine in Sport, Glasgow, UK.
71. **Chen, W.**, Valley, M., Lewis, B., Mason, S., Bennett-Hammond, A., Staniszewski, C., & Upton, A. (2012). *Assessing in-service teachers' quality teaching practices: A validation study*. Paper presented at the 2012 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention, Boston, MA.
72. **Chen, W.**, Hendricks, K., & Archibald, K. (2011). *Assessing pre-service teachers' quality teaching practices: A preliminary validation study*. Paper presented at the International Society of Comparative Sport and Physical Education (ISCPES): World Conference on Physical Education and Sport: Challenges and Future Directions. Shanghai, China.
73. **Chen, W.**, Rovegno, I., Cone, S. L., & Cone, T. P. (2010). *A case study of instructional scaffolding for children's creating games*. Paper presented at the 2010 American Educational Research Association (AERA) Annual Meeting, Denver, CO.
74. **Chen, W.**, Archibald, K., Hendricks, K., & Boehner, S. (2010). *Development and validation of Assessing Game Performance Competency Rubrics*. Paper presented at the 2010 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention, Indianapolis, IN.
75. **Chen, W.**, Archibald, K., Hendricks, K., & Boehner, S. (2010). *Development and validation of the Quality Teaching Assessment Instrument*. Paper presented at the 2010 AAHPERD National Convention, Indianapolis, IN.
76. Archibald, K., Hendricks, K., Boehner, S., & **Chen, W.** (2010). *Impact of pre-service teachers' game performance competency and content knowledge on their teaching practices in soccer unit*. Paper presented at the 2010 AAHPERD National Convention, Indianapolis, IN.
77. Hendricks, K., Archibald, K., Boehner, S., & **Chen, W.** (2010). *Influence of pre-*

service teachers' skill ability on their teaching practices in basketball unit. Paper presented at the 2010 AAHPERD National Convention, Indianapolis, IN.

78. Boehner, S., Hendricks, K., Archibald, K., & **Chen, W.** (2010). *Pre-service teachers' skill ability and their teaching practices in volleyball unit.* Paper presented at the 2010 AAHPERD National Convention, Indianapolis, IN.
79. **Chen, W.** (2009). *Scaffolding students creating integrated games in one integrated unit.* Paper presented at the 2009 Physical Education Teacher Education Conference, Myrtle Beach Resort, SC.
80. **Chen, W.** (2009). *The effect of self-determination theory and theory planned behavior on elementary students' physical activity intention and participation.* Paper presented at the 2009 Physical Education Teacher Education Conference, Myrtle Beach Resort, SC.
81. **Chen, W.** (2009). *Development and validation of the self-determination in physical activity participation inventory.* Paper presented at the 2009 AAHPERD National Convention, Tampa, FL.
82. Hendricks, K., Archibald, K., & **Chen, W.** (2009). *Impact of pre-service teachers' competency in game performance on their teaching practices.* Paper presented at the 2009 MAPHERD convention, Traverse, MI.
83. Archibald, K., Bourdon, L., Chrzanowski, M., Hendricks, K., Schroeder, K., & **Chen, W.** (2009). *Effects of task constraints on movement patterns in two fundamental movements.* Paper presented at the 2009 MAPHERD convention, Traverse, MI.
84. **Chen, W.**, Harris, H., Cone, T. P., & Cone, S. L. (2008). *Building students' competency using instructional scaffolding in integrated units.* Paper presented at the 2008 AAHPERD National Convention, Fort Worth, TX.
85. **Chen, W.** (2008). *Examination of pre-service teachers' meeting selected NASPE standards.* Paper presented at the 2008 AAHPERD National Convention, Fort Worth, TX.
86. **Chen, W.** (2008). *Confirmatory factor analysis of achieving the NASPE standards inventory.* Paper presented at the 2008 AERA Annual Meeting, New York city, NY.
87. **Chen, W.**, Cone, T. P., & Cone, S. L. (2006). *Students' understanding of integration of movement and mathematics through creating games.* Paper presented at the 2006 AAHPERD National Convention, Salt Lake, UT.
88. **Chen, W.**, Cone, T. P., & Cone, S. L. (2006). *Students' learning experiences in integrated physical education and math unit: Broadening horizons and deepening understandings.* Paper presented at 2006 AERA Annual Meeting, San Francisco, CA.

89. **Chen, W.** (2005). *Confirmatory factor analysis of assessing preservice teachers achieving the NASPE Beginning Teacher Standards*. Paper presented at the 2005 AAHPERD National Convention, Chicago, IL.
90. **Chen, W.**, Cone, T. P., & Cone, S. L. (2005). *A collaborative approach to developing an interdisciplinary unit*. Paper presented at the 2005 AAHPERD National Convention, Chicago, IL.
91. **Chen, W.**, Cone, T. P., & Cone, S. L. (2005). *Interdisciplinary teaching: Integration of physical education skills and concepts with mathematical skills and concepts*. Paper presented at the 2005 AERA Annual Meeting, Montreal, CA.
92. **Chen, W.** (2004). *Assessing teacher education programs: Teaching for meeting the national standards*. Paper presented at the 2004 AERA Annual Meeting. San Diego, CA.
93. **Chen, W.** (2003). *Effects of teaching actions on students' use of critical thinking skills*. Paper presented at the 2003 AAHPERD National Convention. Philadelphia, PA.
94. **Chen, W.**, & Susko, J. (2003). *Preservice teachers' self-evaluation of achieving the NASPE standards*. Paper presented at the 2003 AAHPERD National Convention. Philadelphia, PA.
95. **Chen, W.**, Taubman, B., Gable, K., DeTommaso-Kleinert, D., & Rabenda, D. (2002). *Levels of implementation of the national standards in elementary and secondary physical education teaching*. Paper Presented at American Educational Research Association (AERA) 2002 Annual Meeting. New Orleans, LA.
96. **Chen, W.**, Taubman, B., Swalm, R., Bram, G., Gable, K., Kleinert, D., Rabenda, D., Smucker, S., & Uhrich, T. (2002). *Impact of external and internal factors on implementation of the national standards in teaching*. Paper presented at the 2002 AAHPERD National Convention. San Diego, CA.
97. **Chen, W.**, Taubman, B., Swalm, R., Bram, G., Gable, K., Kleinert, D., Rabenda, D., Smucker, S., & Uhrich, T. (2002). *Levels of teachers' awareness and perceptions of the national standards*. Paper presented at the 2002 AAHPERD National Convention. San Diego, CA.
98. **Chen, W.** (2001). *Links between children's movement responses and expert teachers' teaching*. Paper presented at EDA-AAHPERD convention. Newport, RI.
99. **Chen, W.** (2001). *From a social constructivist perspective: The influence of teacher education programs and school cultures on student teachers' disposition and situated pedagogical content knowledge*. Paper presented at the AAHPERD National Convention. Cincinnati, OH.

100. **Chen, W.** (2001). *Links between children's critical thinking in movement actions and an expert teacher's teaching*. Paper presented at American Educational Research Association (AERA) 2001 Annual Meeting. Seattle, WA.
101. **Chen, W., & Torbert, M.** (2001). *Can children become active creators and movers? A constructivist-oriented approach to physical activity and play*. An International Conference: The Child's Right to Play: A Global Approach. NY.
102. **Chen, W. & Swalm, R. L.** (2000). *Learning to teach critical thinking through adventure-typed cooperative learning activities*. Paper presented at American Educational Research Association (AERA) 2000 annual meeting. New Orleans, LA.
103. Rovegno, I., **Chen, W.**, Todorovich, J., & Babiarz, M. (2000). *Accomplished teachers' pedagogical content knowledge of teaching third graders*. Paper presented at American Educational Research Association (AERA) 2000 annual meeting. New Orleans, LA.
104. Rovegno, I., Bandhauer, D., Litaket, R., **Chen, W.**, & Babiarz, M. (2000). *More than playing games: Teaching thinking skills and social responsibility*. Paper presented at the 2000 AAHPERD National Convention. Orlando, FL.
105. **Chen, W.**, & Zhang, Z. (2000). *Confirmatory factor analysis of the constructivist teaching practices inventory in elementary physical education*. Paper presented by the 2000 Eastern District Association (EDA) convention. Philadelphia, PA.
106. **Chen, W.**, & Rovegno, I. (1999). *A comparison of expert and novice teachers' perceptions and implementation of constructivist-oriented teaching*. Paper presented at the American Educational Research Association (AERA) 1999 Annual Meeting. Montreal, Canada.
107. **Chen, W.**, Spencer, P., & Rovegno, I. (1999). *An expert's teaching practices: Engaging students' critical thinking skills in learning creative dance*. Paper presented at the American Educational Research Association (AERA) 1999 Annual Meeting. Montreal, Canada.
108. **Chen, W.**, & Swalm, R. (1999). *Promoting students' metacognition, cooperation, and self-efficacy within outdoor adventure activities*. Paper presented at the 1999 AAHPERD National Convention, Boston, MA.
109. **Chen, W.**, & Rovegno, I. (1999). *Facilitating critical thinking skills: A constructivist-oriented approach to teaching game strategies in child-designed games*. Paper presented at the 1999 AAHPERD National Convention, Boston, MA.
110. **Chen, W.**, & Rovegno, I. (1998). *Differences between constructivist-oriented teaching practices of expert and novice teachers in elementary physical education*. Paper

presented at the American Educational Research Association (AERA) 1998 Annual Meeting, San Diego, CA.

111. **Chen, W.,** Rovegno, I., & Burry-Stock, J. A. (1998). *Self-evaluation of expertise in teaching elementary physical education from constructivist perspectives: Development and Rasch calibration of an instrument*. Paper presented at the American Educational Research Association (AERA) 1998 Annual Meeting, San Diego, CA.
112. **Chen, W.,** & Rovegno, I. (1998). *Development of a rubric to assess expertise in teaching educational game lessons from constructivist perspectives*. Paper presented at the 1998 AAHPERD National Convention, Reno, NV.
113. Johnson-Young, A., **Chen, W.,** & Luedke, G. (1998). *Exploratory movement education experiences of educational games, gymnastics, and dance for elementary school curriculum*. Teaching presented at the 1998 AAHPERD National Convention, Reno, NV
114. **Chen, W.,** Garner, R., & Rovegno, I. (1997). *Solving social and cognitive challenge tasks in the "zone of proximal development."* Paper presented at the 1997 AAHPERD National Convention, St. Louis, MO.
115. **Chen, W.,** & Rovegno, I. (1996). *Teacher induction: An active agent in being socialized into micropolitics of school*. Paper presented at the 1996 International Pre-Olympic Scientific Congress, Dallas, TX.
116. **Chen, W.** (1996). *Chinese and American students' perceptions of body image*. Paper presented at the 1996 International Pre-Olympic Scientific Congress, Dallas, TX.
117. **Chen, W.,** Winsler, A., & Rovegno, I. (1996). *Preservice teachers' construction of pedagogical content knowledge for teaching physical education*. Paper presented at the 1996 AAHPERD National Convention, Atlanta, GA.
118. **Chen, W.** (1996). *Self-schema about body image and personal value orientation toward physical activities*. Paper presented at the 1996 AAHPERD National Convention, Atlanta, GA.
119. **Chen, W.,** & Rovegno, I. (1995). *An interpretive study of two prospective teachers' pedagogical content knowledge acquisition of the movement approach in physical education methods course*. Paper presented at the 1995 AAHPERD National Convention, Portland, OR.
120. **Chen, W.,** & Rovegno, I., & Iran-Nejad, A. (1994). *Application of a wholetheme perspective to the movement approach to teaching physical education in elementary school*. Symposium at the annual conference held by the Mid-South Educational Research Association, Nashville, TN.

121. **Chen, W., & Rovegno, I. (1994).** *Comparison of experienced and novice teachers' pedagogical content knowledge of teaching the movement approach.* Paper presented at the 1994 Works in Progress Conference held by the University of Georgia, Athens, GA.
122. **Chen, W. (1990).** *The effect of head coaches' leadership behaviors on the relationship between coaches and players in Adult Woman Basketball Teams.* Paper presented at the 1990 Beijing 11th Asian Games Scientific Congress, Beijing, China.
123. **Chen, W. (1987).** *The effect of head coaches' leadership behaviors on the relationship between coaches and players.* Paper presented at the Second National Conference of Sport Science, Shi Jia Zhuang, China.

INVITED PRESENTATIONS

1. **Chen, W. (2026, March 21st).** Technology-enhanced quality physical education for healthy kids. An invited **keynote speaking** delivered at the at the 1st International Global Metaverse Lab (GML) Symposium, scheduled online on March 21 (8 PM), 2026.
2. **Chen, W. (2026, June).** Feasibility and Effectiveness of a Combined Multicomponent Exercise and Tai Chi Intervention on Physical Activity and Physical Functions in Low-Income Older Adults. An invited presentation will be delivered as a **Distinguished Speaker** at 7th Asia-Pacific Advanced Nursing Practice, Nursing Education and Leadership Conclave, on June 18-19, 2026, Singapore.
3. **Chen, W. (2026, September)** Dose-Response Effects of Cognitively Engaging Exercises on Functional Fitness, Cognitive Function, Mental Health, and Psychological Well-Being in Older Adults. **Keynote speaking** at 4th Global Summit on Nursing Education & Healthcare, September 24, 2026.
4. **Chen, W. (2026, Nov).** The Roles of Cognitively Engaging Physical Activity Interventions on Physical and Cognitive Functions and Mental Health among Older Adults. **Keynote speaking** at 5th Global Summit on Healthcare & Patient Safety Conference. Healthcare Insights 2026.
5. **Chen, W. (2025, May).** Implementing Technology-Enhanced Quality Physical Education for Physically Active and Mentally Healthy Kids. A **keynote speaking presentation** at the 8th World Conference on Arts, Humanities, Social Sciences, and Education, on May 22-23, 2025, in Vienna, Austria.
6. **Chen, W. (2025, September).** The roles of myokines and DNA methylation in mediating effects of cognitively engaging physical activity interventions on physical and cognitive functions and mental health among older adults. A **keynote speaking** presentation at the International Conference on Global Summit on Advanced Nursing Practice 2025 on September 17, 2025 in Budapest, Hungary.

7. **Chen, W.** (2025, December 19). Cognitively Engaging Exercises on Functional Fitness, Cognitive Function, Mental Health, and Psychological Well-Being in Older Adults. **Keynote speaking** at 6th International Virtual Conference on Nursing Research, Patient Safety and Healthcare, December 19-20, 2025. | Online Conference.
8. **Chen, W.** (2024, July 18). Implementing technology-enhanced constructivist-oriented quality physical education teaching. **Invited presentation** at East China Normal University, China.
9. **Chen, W.** (2024, May 27-28). Promoting health-enhancing physical activity behaviors and executive functions among older adults: Multilevel 4Active intervention. **Keynote speaking** at the International Forum on Nursing, Healthcare, Management & Patient Safety Conference. Dubai, UAE.
10. **Chen, W.** (2024, March 2). Implementing technology-enhanced quality physical education lessons for healthy kids: A constructivist teaching perspective. **Invited presentation** at the Tokyo Gakugei University, Japan.
11. **Chen, W.** (2024, Feb 2). Benefits of physical activity and multi-level barriers to physical activity participation among older adults. **Invited presentation** at the low-income senior housing apartment. Cranbrook Tower, Ann Arbor.
12. **Chen, W.** (2023, Nov 10). Feasibility and effectiveness of WeActive and WeMindful interventions on physical activity, mental health, and well-being. Hartwig Award Presentation at the School of Kinesiology.
13. **Chen, W.** (2023, Aug 17). Immersing social emotional learning into teaching quality physical education lessons. **Invited presentation** at the 2024 Summer Master Program of the East China Normal University via Zoom.
14. **Chen, W.** (2023, July 18). 4Active intervention for promoting physical activity and cognitive flexibility among older adults. **Invited speaker** presented at the 5th World Aging and Rejuvenation Conference (ARC-2023) in Frankfurt, Germany.
15. **Chen, W.** (2022, April 8). Technology-enhanced 4Active intervention impacting psychological well-being and physical activity among older adults: A pilot study. **Invited speaker** presented for the 6th International Webinar on Global Advanced Nursing, Patient Safety and Healthcare.
16. **Chen, W.** (2022, April 25-26). The Impacts of Coordinated-Bilateral Ball Skills Intervention on Cognitive Function and Cardiorespiratory Fitness among School-aged Children. **Keynote speaking** at the Pediatrics and Neonatology -2022. Paris, France.
17. **Chen, W.** (2022, September 15-16). Technology-enhanced 4Active intervention for older adults. **Invited speaking** at the 9th World Congress on Nursing Education & Practice. Rome, Italy.

18. **Chen, W.** (2021, October 11-13). Association of cardiorespiratory fitness and cognitive function with psychological well-being in school-aged children. **Invited honorable speaker** presented at the World Pediatrics Congress in San Francisco, USA.
19. **Chen, W.** (2021, Sept 23). 4Active intervention: Promoting physical activity and cognitive flexibility in Older Adults. **Keynote speaker** presented at the 2nd International Conference on Nursing Science & Technology (Hybrid event).
20. **Chen, W.** (2021, May 19-21). 4Active intervention: Cognition, psychological well-being, and physical activity in older adult. **Invited featured speaker** presented at the 2nd International Conference on Nursing and Healthcare (originally scheduled to be held in Paris, France) via virtual.
21. **Chen, W.** (2021, March 24). Physical activity promotion for health and well-being across life span. **Invited guest speaker** presentation for Sports Medicine Club, University of Michigan.
22. **Chen, W.** (2021, May 21). Health, wellness, and lifestyle management. **Invited presentation** at the Physical Activity and Health symposium of the School of Education in Zhejiang University via Zoom.
23. **Chen, W.** (2021, Dec 5). How to use implementation science principles guiding the study design, implementation, and evaluation. **Invited presentation** at the Innovative Teaching Forum at the East China Normal University via Zoom.
24. **Chen, W.** (2020, August 1). Two-level multicomponent physical activity intervention promoting cognition, fitness, and psychological well-being in older adults. **Invited featured speaker** presented at the Virtual Conference: Intercontinental Summit on Aging & Gerontology.
25. **Chen, W.** (2019, July 28). Manuscript-based research methods. **Invited speaker** presented at School of Physical Education and Health at East China Normal University, Shanghai, China.
26. **Chen, W.** (2019, July 24). Standards-based quality physical education: contribution to students learning outcomes. Invited presentation at the second-year Premier Lecture in East China Normal University, Shanghai, China.
27. **Chen, W.** (2019, June 28). How to implement the Tactical Games Approach into teaching practices. **Invited speaker** presented at the 2019 ICSPAH delegation in Yichun College, Jiangxi Province, China.
28. **Chen, W.** (2019, June 10). Association of physical activity and psychological well-being among college students. **Invited speaker** presented at the 2019 World Congress on Teaching, Learning, and Curriculum in Physical Education. Shanghai, China.

29. **Chen, W.** (2019, June 13). How to write peer-reviewed manuscript. Invited presentation at the Shanghai Normal University, Shanghai, China.
30. **Chen, W.** (2019, April 9). Studies of physical activity with psychological well-being. **Keynote speaking** at the 2019 ICSPAH conference: Promotion Health and Well-Being through Physical Activity, Tampa, FL.
31. **Chen, W.** (2018, October 16). Physical activity and well-being. **Invited presentation** to the graduate students of Department of Kinesiology and Health Education, University of Texas, Austin, TX.
32. **Chen, W.** (2018, October 11). Quality physical education: Contribution to learning outcomes. **Invited presentation** to the graduate students of Physical Education Teacher Education in Mary Lou Fulton Teachers College at Arizona State University, Tempe, AZ.
33. **Chen, W.** (2018, October). Impact of daily technology-enhanced physical activity engaging the brain interventions on daily real time physical activity, aerobic fitness, and attention and concentration in school-aged children. **Invited Presentation** at 5th World Congress on Advanced Nursing and Quality in Healthcare” during October 15-17, 2018, at Las Vegas, Nevada, USA.
34. **Chen, W.** (2018, July 4th). Impacts of Technology-Enhanced Classroom Activity Breaks on Daily Real Time Physical Activity, Aerobic Fitness, and Attention and Concentration in School-Aged Children. **Keynote speaking** at the International Summit of Smart Health Promotion, Ru Zhao, Shandong, China.
35. **Chen, W.** (2018, June 19). Principles of tactical games approach and its application in teaching volleyball lessons at the Monthly Meeting for Master Physical Education Teachers in Shanghai City.
36. **Chen, W.** (2018, July 15). Application of tactical games approach in teaching soccer lessons, Invited presentation at the 2018 ECNU Teacher Training in Soccer Teaching.
37. **Chen, W.** (2018, August 9th). How to use tactical games approach in teaching the invasion game form, **invited presentation** at the First Physical Education Teaching Forum in ECNU.
38. **Chen, W.** (2017, June 8th). Association of quality teaching practices with physical activity behaviors, motor skill competency, and physical fitness. **Keynote speaking** at the Summit of Physical Fitness Promotion Intervention and Assessment in Youth, Shanghai, China.
39. **Chen, W.** (2017). How to use ActiLife software to initialize, download, and analysis the data of the ActiGraph activity monitor. Invited presentation at East China Normal University, Shanghai, China.

40. Chen, W. (2017). Standards-based physical education curriculum, instruction, and assessments. **Invited presentation** at Central China Normal University, Wuhan, China.
41. **Chen, W.** (2017). How to conduct locomotor skills and ball skill assessment with the TGMD-3. **Invited presentation** at East China Normal University, Shanghai, China.
42. **Chen, W.** (2017). Application of Assessing Quality Physical Education Rubrics in teaching and research. **Invited speaker** presented at the 2017 International Chinese Society for Physical Activity and Health (ICSPAH) Annual Scholar Lecture.
43. **Chen, W.** (2016). Contribution of quality physical education teaching practices to daily physical activity participation, motor skill competency, and health-related physical fitness in school-aged children. **Invited presentation** at Beijing Sports University, Beijing, China.
44. Templin, T., & **Chen, W.** (2016). Introduction to Shape of the Nation: USA. **Invited presentation** at the National Training for Physical Education Teachers, Shanghai, China.
45. **Chen, W.** (2016). Applying the tactical games approach to teaching invasion game form: Basketball teaching. **Invited presentation** at the National Training for Physical Education Teachers, Shanghai, China.
46. **Chen, W.** (2016). Applying the tactical games approach to teaching net game form: Volleyball teaching. **Invited presentation** at the National Training for Physical Education Teachers, Shanghai, China.
47. **Chen, W.** (2016). Physical activity guidelines and policies in USA. **Invited presentation** for Zambia Delegates in Shanghai, China.
48. **Chen, W.** (2016). National physical education content standards: Standards-based curricular, instructions, and assessments. **Invited presentation** for Zambia Delegates in Shanghai, China.
49. **Chen, W.** (2016). Introduction to the assessing quality teaching rubrics. **Invited presentation** at the Second Sub-Projects Proposal Meeting in Relation to the Project Funded by National Social Science Foundation in Shanghai, China.
50. **Chen, W.** (2016). Fundamental movements and content developments. **Invited presentation** at the School of Physical Education and Health, Central Normal University, Wuhan city, China.
51. **Chen, W.** (2015). Using skill theme approach to teaching two instructional units. **Invited presentation** at 2015 Active School and Open-Door School Training Program in Shanghai, China.

52. **Chen, W.** (2014). Teaching effectiveness: Research and assessment. **Keynote speaking** at the World Conference on Physical Education and Sport: Challenges and Future Direction, Shanghai, P. R. China.
53. **Chen, W.** (2014). Integrated curriculum: Embracing mathematics and language arts into a physical education Lesson. Invited presentation as a **Featured Speaker** at the World Conference on Physical Education and Sport: Challenges and Future Direction, Shanghai, P. R. China.
54. **Chen, W.** (2014). Research methodology based on publishable peer-reviewed journals: From International Perspective. Invited presentation at the 5-day Summer Workshop on Research and Methods, East China Normal University, P. R. China.
55. **Chen, W.** (2011). An innovative curriculum model: Use of tactical games approach to teaching secondary physical education. Invited presentation as a **Featured Speaker** at the Conference of New Physical Education Science and Physical Education International Forum, Suzhou, China.
56. **Chen, W.** (2011). Assessing pre-service teachers' teaching practices: A validation study. **Invited presentation** at the International Forum on Research Methods of Physical Education Science and Kinesiology. Beijing, China.
57. **Chen, W.** (2011). My research journey: A personal profile. **Invited presentation** at Zhejiang University.
58. **Chen, W.** (2011). Pedagogy Ph.D. program requirement and application. **Invited presentation** at Zhejiang University.
59. **Chen, W.** (2011). Promoting social responsibility through team building curriculum. **Invited presentation** at the Beijing Sports University.
60. **Chen, W.** (2011). Insight into the application for Ph.D. program in University of Michigan. **Invited presentation** at the Beijing Sports University.
61. **Chen, W., & Hendricks, K.** (2011). Pre-service teachers' subject matter competency and quality of teaching practices: The exploratory case studies. **Invited presentation** at the 2011 AERA SIG Invisible College Meeting. New Orleans, LA.
62. **Chen, W.** (2010). Assessing Pre-service teachers' quality teaching practices. **Invited presentation** at the 2010 International Forum on Sports, Science, and Society, Shenyang, China.
63. **Chen, W.** (2010). Innovative curriculum models. **Invited presentation** at the Beijing Sports University.

64. **Chen, W.** (2010). USA doctoral program in physical education pedagogy. **Invited presentation** at the Beijing Sports University.
65. **Chen, W.** (2010). Comparison of three different curriculum models. **Invited presentation** at the East China Normal University.
66. **Chen, W.** (2007). Examination of constructivist teaching practices in physical education, **Invited panel presentation** at the 2007 History and Future Directions of Research on Teaching and Teacher Education in Physical Education Conference, Pittsburg, PA.
67. **Chen, W.** (2006). Standards-based curriculum and instructions. **Invited presentation** at the Beijing Sports University.
68. **Chen, W.** (2006). Standards-based assessment. **Invited presentation** at the Beijing Sports University.

PRESENTATIONS AT TEACHER TRAINING WORKSHOPS

1. **Chen, W.** (2025, Nov 6). Revisiting the Handbook for Implementing the Smart-QPE project. Presented at the Tacher Training Workshop in the SHAPE-Michigan Convention, Lansing.
2. **Chen, W.** (2024, Nov 7). *Overview of the Smart-QPE training program*. Presented at the Teachers Training Workshop in the SHAPE-Michigan Convention, Lansing.
3. **Chen, W.** (2024, Nov 8). *Standards-based physical education curriculum: Meaningful content and sample lesson plans*. Presented at the Teachers Training Workshop in the SHAPE-Michigan Convention, Lansing.
4. **Chen, W.** (2024, Nov 8). *Quality teaching practices: Appropriate instructional strategies*. Presented at the Teachers Training Workshop in SHAPE-Michigan Convention, Lansing.
5. **Chen, W.** (2024, Nov 8). *How to self-assess your Smart-QPE lessons using the Assessing Quality Teaching Rubrics and the assessment sheet*. Presented at the Teachers Training Workshop in the SHAPE-Michigan Convention, Lansing.
6. **Chen, W.** (2024, Nov 8). *Full implementation of the Smart-QPE intervention: Timelines and process and product evaluation*. Presented at the Teachers Training Workshop in the SHAPE-Michigan Convention, Lansing.
7. **Chen, W.** (2023, Nov 2). *Integrating Heart Zones Move System into teaching quality physical education lessons: The funded project*. Presented at the Teachers Training Workshop at the SAHPE-Michigan Convention, Lansing.

8. **Chen, W.** (2023, Nov 3). *The Smart-Quality physical education (QPE) project*. Presented at the Teachers Training Workshop at the SAHPE-Michigan Convention, Lansing.
9. **Chen, W.** (2023, Nov 3). *Quality physical education curriculum and teaching*. Presented at the Teachers Training Workshop at the SAHPE-Michigan Convention, Lansing.
10. **Chen, W.** (2023, Nov 3). *Hands on teaching quality physical education lesson and lesson plans*. Presented at the Teachers Training Workshop at the SAHPE-Michigan Convention, Lansing.
11. **Chen, W.** (2023, Nov 3) *Self-assessing quality teaching practices using the Assessing Quality Teaching Rubrics*. Presented at the Teachers Training Workshop at the SAHPE-Michigan Convention, Lansing.
12. **Chen, W.** (2023, Nov 3). *Assessing students' learning outcomes*. Presented at the Teachers Training Workshop at the SAHPE-Michigan Convention, Lansing.
13. **Chen, W.** (2021, Dec 3). *Social Emotional Learning skills-integrated physical education lessons for promoting whole-child development*. Presented at the 28th Annual Health and Fitness Workshop, School of Kinesiology, University of Michigan.
14. **Chen, W.** (2019, June 16). *How to implement tactical game lessons*. Presented at the Teacher Training Workshop for Shandong PE teachers in Shanghai, China.
15. **Chen, W.** (2018, July 16-20). *Designing and teaching bilateral coordinated aerobic physical activity to elementary school students* at the Teacher Training Workshop in ECNU.
16. **Chen, W.** (2017). *A tactical games approach to teaching volleyball lessons*. Presented at 24th Health and Fitness Workshop in School of Kinesiology on December 1, 2017, in Ann Arbor, MI.
17. **Chen, W.** (2017). *Teaching manipulative skills using the skill theme approach*. Presented at a One-Day Workshop for Physical Education Teachers Training in Shu Zhou city, Jiangsu Province.
18. **Chen, W.** (2017). *Teaching two volleyball lessons using the tactical games approach and sport education model*. Presented at a One-Day Workshop for Physical Education Teachers Training in Shu Zhou city, Jiangsu Province.
19. **Chen, W.** (2016). *Teaching volleyball skills and concepts using the tactical game approach*. Presented at the National Training for Physical Education Teachers. Shanghai, China.

20. **Chen, W.** (2016). *Teaching basketball skills and concepts using the tactical games approach*. Presented at the National Training for Physical Education Teachers. Shanghai, China.
21. **Chen, W.** (2016). *Teaching balances with matching and mirroring movement*. Presented at the Third Congress of the Alliance of National Physical Education in Higher Education, Secondary and Elementary Schools in Qufu, Shandong Province, China.
22. **Chen, W.** (2016). *Teaching counterbalances and countertension balances*. Presented at the Third Congress of the Alliance of National Physical Education in Higher Education, Secondary and Elementary Schools in Qufu, Shandong Province, China.
23. **Chen, W.** (2015). *Using skill theme approach to teaching locomotor skill unit*. Presented at Active School and Open-Door School Training Program in Shanghai, China.
24. **Chen, W.** (2015). *Using skill theme approach to teaching manipulative skill unit*. Presented at Active School and Open-Door School Training Program in Shanghai, China.
25. **Chen, W.** (2013). *Physically active and mentally engaged interdisciplinary teaching*. Presented at the 20th Annual PE Workshop in Kinesiology, UM.
26. **Chen, W.** (2011). *Comprehensive assessment planning during 2011-2012*. Presented for Huron Valley Public Schools on August 29, 2011.
27. **Chen, W.** (2011). *Team building activities* for one-day workshop. Presented for Livonia Public Schools on Feb. 16, 2011.
28. **Chen, W.** (2010). *Physically active math in physical education*. Presented At the 17th Annual PE Workshop in Kinesiology, UM. On Dec. 3, 2010.
29. **Chen, W.** (2010). *Designing, teaching, and assessing educational gymnastics lessons*. Presented at one-day workshop for Livonia Public Schools on Sept. 27, 2010.
30. **Chen, W.** (2010). *Comprehensive assessment implementation during 2010-2011*. Presented for Huron Valley Public Schools on August 30, 2010.
31. **Chen, W.** (2010). *Use of pedometers in fitness-enhanced lessons*. Presented at one-day workshop for Livonia Public Schools on March 18, 2010.
32. **Chen, W.** (2010). *Teaching team building activities*. Presented at one day workshop for Livonia Public Schools on March 18, 2010.
33. **Chen, W.** (2010). *Assessing instructionally appropriate teaching practices*. Presented at one day workshop for Livonia Public Schools on March 18, 2010.

34. **Chen, W.** (2010). *PE Metrics assessment: computer technology application*. Presented at a half-day workshop for Livonia Public Schools on April 21, 2010.
35. **Chen, W.** (2009). *Teaching volleyball with a tactical games approach*. Presented at the 16th Annual PE Workshop in Kinesiology, UM.
36. **Chen, W.** (2009). *Overview of Livonia PEP grant project*. Presented at the Two-Day Summer Workshop for Livonia Public Schools, Sept. 2, 2009, to Sept. 3, 2009.
37. **Chen, W.** (2009). *Using the tactical games approach to teaching invasion games*. Presented at the Two-Day Summer Workshop for Livonia Public Schools, Sept. 2, 2009, to Sept. 3, 2009.
38. **Chen, W.** (2009). *Scope and sequence of educational gymnastics*. Presented at the Two-Day Summer Workshop for Livonia Public Schools, Sept. 2, 2009, to Sept. 3, 2009.
39. **Chen, W.** (2009). *Teaching educational gymnastics sequences*. Presented at a half-day workshop for Livonia Public Schools on Dec. 9, 2009.
40. **Chen, W.** (2009). *An annual plan for the PEP grant project evaluation*. Presented at a half-day workshop for Huron Valley Public Schools on Dec. 2, 2009.
41. **Chen, W.** (2009). *Overview of fitness gram test and PACER test*. Presented at a half day a half-day workshop for Huron Valley Public Schools on Dec. 2, 2009.
42. **Chen, W.** (2006). *Standards-based assessment*. Presented At the 13th Annual PE Workshop in Kinesiology, UM.
43. **Chen, W.** (2006). *Interdisciplinary teaching approach to teaching educational gymnastics*. Presented at the 13th Annual PE Workshop in Kinesiology, UM.

TEACHING

UNIVERSITY OF MICHIGAN

2026	<i>AES 240- Principles of Physical Activity and Wellness (F26)</i> <i>AES 460/MVS 560- Design and Evaluation of Physical Activity Intervention (F26)</i> <i>KINES 684-Independent Research (F26)</i> <i>MVS 488- Independent Study (F26)</i>
2025-2026	<i>AES 336-Physical Activity Health Aging (W26)</i> <i>AES 460/MVS 560-Design and Evaluation of Physical Activity Intervention (W26)</i> <i>MVS 488—Independent Study (W26)</i> <i>KINE 995-Dis Cand (W26)</i> <i>KINES 684—Independent Research (W26)</i>

- 2024-2025 *AES 336-Physical Activity for Healthy Aging (W25)*
 KINE 995-Diss Cand (W25)
 MVS 488- Independent Study (W25)
 MVS 489-Senior Thesis (W25)
 AES 240-Principles of Physical Activity and Wellness (F24)
 AES 460/MVS 560- Design and Evaluation of Physical Activity Intervention (F24)
 KINE 995-Diss Cand (F24)
 MVS 488-Independent Study (F24)
 ASS 470-Field-Based Independent Study (F24)
- 2023-2024 *AES 460/MVS 560-Design and Evaluation of Physical Activity Intervention (W24)*
 AES 470-Field-based Independent Study (W24)
 MVS 488-Independent Study (W24)
 KINE 684-Independent Research (W24)
 AES 240-Principles of Physical Activity and Wellness (F23)
 AES 460/MVS 560- Design and Evaluation of Physical Activity Intervention (F23)
 KINE 990-Pre Cand (F23)
 KINE 684-Independent Research (F23)
 MVS 488-Independent Study (F23)
- 2022-2023 *MVS 250-Statistics (SP/SU 2023)*
 AES 240-Principles of Physical Activity and Wellness (W23)
 MVS 488-Independent Research (W23)
 MVS 489- Senior These (W23)
 KINE 684-Independent Research (W23)
 KINE 995-Diss Cand (W23)
 AES 240-Principles of Physical Activity and Wellness (F22)
 AES 460/MVS 560-Design and Evaluation of Physical Activity Intervention (F22)
 MVS 489-Senior Thesis (F22)
 KINE 684-Independent Research (F22)
 KINE 995-Diss Cand (F22)
- 2021-2022 *AES 240-Principles of Physical Activity and Wellness (W22)*
 AES 336-Methods of Instruction for Exercise (W22)
 KINE 684-Independent Research (W22)
 Biology 299-Independent Study (W22)
 MVS 488-Independent Study (W22)
 AES 240-Principles of Physical Activity and Wellness (F21)
 AES 313 Design and Evaluation of Physical Activity Intervention (F21)
 KINE 685-Research Rotation in Kinesiology (F21)
 MVS 489-Senior Thesis (F21)
 Biology 299-Independent Study (F21)

- 2020-2021 *AES 240-Principles of Physical Activity and Wellness (W21)*
AES 336-Methods of Instruction for Exercise (W21)
KINE 684-Independent Research (W21)
MVS 429- Motor Control and Development Lab (W21)
MVS 488- Independent Study (W21)
AES 240-Principles of Physical Activity and Wellness (F20)
AES 313-Design and Evaluation of Physical Activity Intervention (F20)
AES 470-Independent Study (F20)
KINE 684-Independent Study (F20)
MVS 488-Independent Study (F20)
- 2019-2020 *HF 240-Introduction to Fitness and Health (W20)*
HF 313-Methods of Instruction for Exercise (W20)
KINE 995-Diss. Can. (Independent Study (W20)
AES 470-Independent Study (W20)
MVS 250- Statistics (Section 001) (F19)
MVS 250-Statistics (Section 002) (F19)
MVS 488-Independent Study (F19)
AES 470-Independent Study (F19)
KINE 995- Diss. Can. (Independent Study) (F19)
- 2018-2019 *HF 313-Methods of Instructions for Exercise (W19)*
HF 240- Introduction to Fitness and Health (W19)
HF 429-Independent Study (W19)
KINE 995- Diss. Can. (Independent Study) (W19)
KINE 995- Diss. Can. (Independent Study) (F18)
Note: Fall 2018 sabbatical leave.
- 2017-2018 *HF 313-Quantitative and Qualitative Analytics (F17)*
HF 240-Introduction to Fitness and Health (F17)
HF 240- Introduction to Fitness and Health (W18)
HF 313- Methods of Instructions for Exercise and Fitness (W18)
HF 429- Independent Study (W18)
Initiate and Lead Health, Wellness, and Sport in China Study Abroad Program (Spring 2018).
- 2016-2017 *HF 251- Technology in Health and Fitness (W17)*
HF 240- Introduction to Fitness and Health (W17)
KINE 684- Independent Research in Kinesiology (W17)
HF 240- Introduction to Fitness and Health (F16)
HF 313- Quantitative and Qualitative Analytics (F16)
HF 429- Independent Study (F16)
KINE 684- Independent Research in Kinesiology (F16)
- 2015-2016 *HF 240- Introduction to Fitness and Health (F15)*

- HF 313- Quantitative and Qualitative Analytics (F15)*
HF 470- Independent Study (F15)
KINE 684- Independent Research in Kinesiology (F15)
KINE 995- Diss. Can. (Independent Study) (F15)
HF 240- Introduction to Fitness and Health (W16)
HF 251- Technology in Health and Fitness (W16)
KINE 995- Diss. Can. (Independent Study) (W16)
KINE 682- Ind Read in Kin (W16)
PE 470- Ind Study (Spring 16)
- 2014-2015 *PE 305- Practicum (F14)*
 PE 354- Elementary Methods for Teaching K-5 PE (F14)
 PE 350- Selected Invasion Games (F14)
 PE 353- Net/Wall Games and Fitness (F14)
 HF 251-Technology in Health and Fitness (W15)
- 2013-2014 *PE 305- Practicum (F13)*
 PE 354- Elementary Methods for Teaching K-5 PE (F13)
 PE 350- Selected Invasion Games (F13)
 PE 353- Net/Wall Games and Fitness (F13)
 PE 252- Tests and Measurement in PE (W14)
 PE 254- Gross Motor Skills for Children (W14)
 HF 251- Technology in Health and Fitness (W14)
- 2012-2013 *PE 305- Practicum (F12)*
 PE 354- Methods for Teaching K-5 PE (F12)
 PE 350- Selected Invasion Games (F12)
 PE 353- Net/Wall Games and Fitness (F12)
 PE 252- Tests and Measurement in PE (W13)
 PE 254- Gross Motor Skills for Children (W13)
- 2011-2012 *PE 252- Test and Measurement in PE (W12)*
 PE 470- Independent Study (W12)
- 2010-2011 *PE 305- Practicum (F10)*
 PE 354- Methods for Teaching K-5 PE (F10)
 PE 350- Selected Invasion Games (F10)
 PE 470- Independent Study (F10)
 PE 252- Test and Measurement in PE (W11)
 PE 470- Independent Study (W11)
- 2009-2010 *PE 305- Practicum (F09)*
 PE 354- Methods for Teaching K-5 PE (F09)
 PE 350- Selected Invasion Games (F09)
 KINE 684- Independent Study in Kinesiology (F09)
 PE 255- Physical Education Methods for Elementary Classroom Teachers (W10)

- 2008-2009 *PE 305- Practicum (F08)*
 PE 354- Methods of Teaching K-5 PE (F08)
 PE 350- Selected Secondary Team Activities (F08)
 PE 470- Independent Research (F08)
 KINE 682- Independent Reading (F08)
 KINE 684- Independent studies in Kinesiology (F08)
 PE 252- Test and Measurement in PE (W09)
 PE 255- Physical Education Methods for Elementary Classroom Teachers (W09)
 PE 290- Independent study (W09)
 KINE 682- Independent Reading (W09)
- 2007-2008 *PE 350- Selected Secondary Team activities (F07)*
 PE 354- Methods of Teaching K-5 PE (F07)
 PE 305- Practicum (F07)
 PE 353- Selected Individual Sports and Fitness (F07)
 KINE 682- Independent Reading in Kinesiology (F07)
 PE 252- Tests & Measurements in PE (W08)
 PE 332- Principles of Motor Behaviors (W08)
 KINE 684- Independent Study in Kinesiology (W08)
- 2006-2007 *PE350- Selected Secondary Team Activities (F06)*
 PE 354- Methods of Teaching K-5 PE (F06)
 PE 305- Practicum (F06)
 KINE 684- Independent Study (F06)
 PE 252- Assessment in Physical Education (W07)
 KINE 685- Independent Research (W07)
- 2005-2006 *PE350- Selected Secondary Team Activities (F05)*
 PE 354- Methods of Teaching K-5 PE (F05)
 PE 313- Practicum (F05)
 KINE 545- Seminar in Physical Education Pedagogy (F05)
 PE252- Test and Measurement (W06)
 PE 354- Methods of Teaching K-5 PE (W06)
 PE 305- Practicum in Elementary (W06)
 KINE 613- Independent Research (W06)
- 2004-2005 *PE 350- Selected Secondary Team Activities (F 04)*
 PE 252- Test and Measurement (W 05)
- 2003-2004 *PE 350- Selected Secondary Team Activities (F 03)*
 PE 252- Test and Measurement (W 04)

TEMPLE UNIVERSITY

- 2002-2003 *PHETE 246 (F 02)*

PHETE 248(F 02)
PHETE 252(F 02)
PHETE 257(F 02)
PHETE 255(F 02)
PHETE 247(W 03)
PHETE 249(W 03)
PHETE 255(W 03)
PHETE 258(W 03)
PHETE 253(W 03)
PHETE 260 (W03)

2001-2002 PHETE 246 (F 01)
PHETE 248(F 01)
PHETE 252(F 01)
PHETE 257(F 01)
PHETE 255(F 01)
PHETE 247(W 02)
PHETE 249(W 02)
PHETE 255(W 02)
PHETE 258(W 02)
KINE 455-Creative Approach to Teaching Physical Education (W 02)

Summer I 2002

KINE 31
KINE 73

2000-2001 PHETE 246(F 00)
PHETE 248(F 00)
PHETE 252(F 00)
PHETE 257(F 00)
PHETE 255(F 00)
KINE 595-Symposium in Kinesiology (F 00)
PHETE 247 (W 01)
PHETE 249(W 01)
PHETE 253(W 01)
PHETE 258(W 01)
PHETE 260(W 01)
PHETE 255(W 01)

Summer I 2001

KINE 31
KINE 73

1999-2000 PHETE 246 (F 99)
PHETE 248(F 99)
PHETE 252(F 99)

PHETE 257(F 99)
PHETE 255(F 99)
PE 550-Measurement and Evaluation in Physical Education (F 99)
PHETE 247 (W 00)
PHETE 249(W 00)
PHETE 253(W 00)
PHETE 258(W 00)
PHETE 260(W 00)
PHETE 255(W 00)

Summer I 2000

KINE 73

1998-1999 PHETE 246 (F 98)
PHETE 248 (F 98)
PHETE 252 (F 98)
PHETE 257 (F 98)
PHETE 255 (F 98)
PE 555 Curriculum Development and Writing (F 98)
PHETE 247 (W 99)
PHETE 249(W 99)
PHETE 253(W 99)
PHETE 258(W 99)
PHETE 260-Seminar in Student Teaching (W 99)
PHETE 255(W 99)

Summer 1999 KINE 31-Volleyball
KINE 73-Swimming

1997-1998 Physical and Health Education Teacher Education (PHETE) 246- Basic Movement I (F 97)
PHETE 248- Advanced Movement I (F 97)
PHETE 252- Curriculum and Instruction in Phys. Ed. II (F 97)
PE 180- Technology Application to Physical Education (F 97)
PHETE 257- Practicum I (F 97)
PHETE 255- Supervise Student Teachers (F 97)
PE 500- Seminar in Curriculum and Instruction (F 97)
PHETE 247- Technology Application to Physical Education (W 98)
PHETE 249- Advanced Movement II (W 98)
PHETE 253- Curriculum and Instruction in Phys. Ed. II (W 98)
PHETE 258- Practicum II (W 98)
PHETE 255- Supervise Student Teachers (W 98)

University of Alabama

1997 HPE 364- Physical Education Elementary Teaching Method

- 1996 *HPL 157- Weight Training*
 HPE 364- Physical Education Elementary Teaching Method
 Taught physical education classes to K-5 at The University Place Elementary
 School, Tuscaloosa, AL, 1996
- 1995 *HPL 155- Jogging*
 HPL 157- Weight Training
 HPE 364- Physical Education Elementary Teaching Method
- 1993-1994 *Supervised student teachers at both elementary and secondary levels in the*
 University of Alabama, Tuscaloosa, AL
 HPL 157- Weight Training

GRADUATE STUDENT GUIDANCE

UNIVERSITY OF MICHIGAN

Committee Chair

Dissertation Committee

- 2026 Abdullah Alwaleedi, Kinesiology, UM
 Dissertation Proposal title: *The Effects of Ramadan Diurnal Intermittent*
 Fasting on Behavioral and Metabolic Health
- 2023 Michele Marenus, Kinesiology, UM
 Dissertation title: *Workplace Culture of Health and Employee Well-Being*
- 2020 Zhanjia Zhang, Kinesiology, UM
 Dissertation title: *Physical Activity and Psychological Well-Being in*
 Older Adults.
- 2016 Heidi Harris, Kinesiology, UM
 Dissertation title: *Impact of Technology-Enhanced Classroom Physical*
 Activity Interventions on Executive Function, Motivation, and Physical
 Fitness.

Dissertation Proposal Committee

- 2025 Abdullah Alwaleedi, Kinesiology, UM
 Dissertation Proposal title: *The Effects of Ramadan Diurnal Intermittent*
 Fasting on Behavioral and Metabolic Health
- 2023 Michele Marenus, Kinesiology, UM
 Dissertation proposal title: *Workplace Culture of Health and Employee*
 Well-Being.
- 2019 Zhanjia Zhang, Kinesiology, UM

Dissertation proposal title: *Physical Activity and Psychological Well-Being in Older Adults*

- 2015 Heidi Harris, Kinesiology, UM
 Dissertation proposal title: *Impact of Technology-Enhanced Physical Activities on Executive Function, Motivation, and Physical Fitness in School-Aged Children.*

Guidance Committee

- 2025 Gabrielle Jia, Kinesiology, UM
 2023 Abdullah Alwaleedi, Kinesiology, UM
 2021 Michele Marenus, Kinesiology, UM
 2016 Zhanjia Zhang, Kinesiology, UM
 2007 Phil Esposito, Kinesiology, UM
 2005 Heidi Harris, Kinesiology, UM

Qualifying Exam Committee

- 2024 Abdullah Alwaleedi, Kinesiology, UM
 2022 Michele Marenus, Kinesiology, UM
 2018 Zhanjia Zhang, Kinesiology, UM
 2007 Heidi Harris, Kinesiology, UM

Chair Undergraduate Students Completing Thesis

- 2025 Carolyn Kalata
 A senior thesis title: *Barriers to Physical Activity in Low-Income Older Adults.*
- 2024 Danny Jandali,
 A senior thesis title: *Mental Health, Sleep Quality, and Psychological Well-Being during the Month of Ramadan.*
- 2023 Brandon Albedry
 A senior thesis title: *The Relationship between Employee Physical Activity Intensity and Workplace Burnout*
- 2022 Katie Friedman
 A senior thesis title: *Enhancing physical activity and psychological wellbeing in college students during COVID-19 through WeActive and We-Mindful intervention.*

Faculty Mentor for Physiology Master's Capstone Project

- 2025-2026 Devin Feng
 The Capstone Project Title: *The Impact of Exercise on Hippocampal Neuroplasticity in Cognitive-Aging*

2024-2025 Dianna Hammoud

The Capstone Project Title: *The Role of GABAergic Neurons in the Suprachiasmatic Nucleus (SCN) in Tuning Paraventricular Nucleus (PVN)-to-Corticotrophin Releasing Hormone (CRH) Output and the Cortisol Rhythm*

Faculty Mentor for MICHR Summer Research Program

2023 Logan Harrison

The Project Title: *Sustained effects of web-based physical activity interventions on anxiety and mindfulness*

Committee Member

Dissertation and Proposal Committee

2023-2024 Tian Yiran, *Institute of Postgraduate Studies & Research, University Tunku Abdul Rahman*

Dissertation title: *Effects of Practicing Health Qigong On Primary School Students' Creative Self-Efficacy, Well-Being And Resilience*

2022-2025 Jung Yoen Son, School of Nursing, UM

Dissertation title: *Physical Activity and Sedentary Behaviors in Assisted Living Residents: Influencing Factors and Outcomes.*

2021-2022 Weijiao Zhou, School of Nursing, UM

Dissertation title: *Physical Activity of Surgical Lung Cancer Patients*

2020-2022 Lu Qu, Kinesiology, UM

Dissertation title: *A Culturally Adapted Telehealth Intervention for Parents of Children with Autism in China*

2011-2012 Irully Jeong, Kinesiology, UM

Dissertation title: *Measuring Physical Activity in Youth with Down Syndrome and Autism Spectrum Disorders: Identifying Data-Based Measurement Conditions*

2010-2011 McDonald, M., Kinesiology, UM

Dissertation title: *The Impact of Motor Skills on the Social Success of Children with Autism*

2007 Lloyd, M. C., Kinesiology, UM

Dissertation title: *Physical Activity of Preschool Age Children with and without Down syndrome*

2005 Phelps, G., Education, UM

Dissertation title: *Content Knowledge for Teaching Reading*

Guidance and Comprehensive Exam Committee

2022-2023	Jung Yoen Son, School of Nursing, UM
2020-2021	Weijiao Zhou, School of Nursing, UM
2018-2019	Lu Qu, Kinesiology, UM
2011-2012	Leah Ketcheson, Kinesiology, UM
2010-2011	Janet Hauck, Kinesiology, UM
2009-2010	Irully Jeong, Kinesiology, UM
2008-2009	Megan McDonald, Kinesiology, UM

East China Normal University, China

Dissertation Committee member:

2018	Yang Chao, East China Normal University, China <i>Control of Sub-cerebral Cortex on Human Body Movement.</i>
2017	Arnold Amador, East China Normal University, China <i>Comparisons of Sudan's and China's Physical Education Curricular at Secondary Levels.</i>

Master Thesis Committee member:

2018	Guowei Tang, East China Normal University, China <i>Study of Healthy ECNU Intramural Clubs Influencing Physical Activity Behaviors among College Students.</i>
2018	Nan Li, East China Normal University, China <i>Study of Elementary Physical Education Teachers' Teaching Behaviors.</i>
2018	ShiShi Chen, East China Normal University, China <i>Experimental Study of Impacts of Classroom Physical Activity Breaks on Attention and Concentration in Elementary School Students.</i>
2018	Yuning Jia, East China Normal University, China <i>Examination of Curriculum Reform of University Physical Education Classes Focusing on Individualization.</i>
2018	Peng Zhang, East China Normal University, China <i>Study of Designing Physical Fitness Content for Middle School Students Based on China Health-Enhancing Physical Education Curriculum.</i>
2018	Penghui Xie, East China Normal University, China <i>Current Status of the Transition from Pre-School to Kindergarten in Shanghai.</i>
2018	Xin Yu, East China Normal University, China

Exploration of Dissemination of Chinese Dragon Dance to University Students in Panama.

- 2018 Feng Zhu, East China Normal University, China
Experimental Study on Physical Fitness Teaching within the Framework of KDL.
- 2018 Shuyan Zhang, East China Normal University, China
Experimental Study on Impacts of Physical Education Classes Using Core Principles of Team Building Activity on Psychological Well-being and Social Adaptation in Middle-School Students.
- 2018 Yanan Wang, East China Normal University
Impacts of Rewarding System of “President’s Challenging Cup” on Physical Activity and Fitness in College Students.
- 2017 QinFan Yan, East China Normal University, China
Exploring Study of Essential Components of Teaching Practices Enhancing Physical and Mental Health among Elementary and Middle School Students in Shanghai.
- 2017 Mingming Guo, East China Normal University, China
Impact of Smart-Monitoring and Feedback System on University Students’ Physical Activity Participation.
- 2017 Xing Chen, East China Normal University, China
Relationship between PE Teachers’ Perceptions of Teaching Methods and Students’ Physical and Mental Health.
- 2017 Lifeng Hu, East China Normal University, China
Experimental Study of Impacting of “Healthy ECNU” Intramural Clubs on University Students’ Levels of Physical Fitness.
- 2016 Meng Wang, East China Normal University, China
Establishment of School Sport-related Culture: A Case Study of a Middle School.
- 2016 Meiyuan Chen, East China Normal University, China
Interests-Enhanced Physical Education Curricular in Shanghai Elementary Schools.
- 2016 Dongxiang Wang, East China Normal University, China
Promoting Elementary School Students’ Physical and Mental Health through Rhythmic Teaching Model: A Case Study.
- 2016 Pengfei Shao, East China Normal University, China
Comparisons of Sport Literacy in Chinese and American College Students.

- 2016 Songqin Yi, East China Normal University, China
Experimental Application of Sport Education Model in Teaching Volleyball Unit in a Large Class-Size.
- 2016 Xiaocui He, East China Normal University, China
Impact of Games Teaching Methods on Elementary School Students' Physical and Mental Health
- 2016 Chunhua Wang, East China Normal University, China
Promoting Students' Interests in PE Classes through Use of Various Teaching Styles in One Elementary Schools.
- 2014 Wei Wang, East China Normal University, China
Applying Discovery Teaching Styles in Secondary Physical Education
- 2014 Yan Feng, East China Normal University, China
Development of Teaching Observation Instrument in Physical and Health Education: Based on LICC Essential Constructs.
- 2014 Linwei Shi, East China Normal University, China
Impact of Sport Education Model on Autonomous Ability of College Students
- 2014 Weijie Liao, East China Normal University, China
Relationship between Physical Fitness and Academic Performance: A Case Study of Laboratory Middle School of Chang Chou.
- 2014 Jihuan Yuan, East China Normal University, China
Application of Direct Teaching Styles in Elementary Physical Education Lessons
- 2014 Men Cai, East China Normal University, China
Impact of America SPARK Curricular on Moral Development of Elementary School Students in Shanghai
- 2014 Xiaoyu Shao, East China Normal University, China
Development and Validation of Assessing Physical Education Teachers' Professional Dispositions at Elementary and Secondary Levels.
- 2014 Yi Zhang, East China Normal University, China
Application in "Principal's Challenge Cup" for Elementary School Students' Health Promotion in Zi Jiang Elementary School

Co-Advisor for Dissertation:

- 2013 Liqun Shen, East China Normal University, China
The Quality of Standards-based Classroom Assessment

Beijing Sports University, China

Co-Advisor for Dissertation:

- 2011 Jie Zhang, Beijing Sports University, China
The Transcultural Promotion of Tai Chi Quan in the United States
- 2011 Hongjing Feng, Beijing Sports University, China
Exploration of American Elementary Physical Education Curriculum
- 2010 Hua Yang, Beijing Sports University, China
The Evolution of NCAA's Institution
- 2010 Zhuo Zhang, Beijing Sports University, China
The Media Role Mediating the Martial arts and Qigong Fever of 1980s-1990s in China.

TEMPLE UNIVERSITY

Committee Chair

Masters

- 2002 Smucker, S.C, Kinesiology, TU
Training students to become critical and reflective decision makers.

Committee Member

Doctoral

- 2001 Cone, T. P., Dance, TU
Off the page: Children's creative dance as a response to children's literature
- 2001 Cadwallader, M. C., Kinesiology/Sport Psychology, TU
Perceptions of personal sporting experiences and life projections among Caucasian urban at-risk adolescent females
- 2001 Pittman, B. D, Kinesiology, TU
Afrocentric Kinesiology: Innovators and early adopters in a diffusion of innovations model
- 2001 Roberson, V., Kinesiology, TU
An analysis of the effect of a culturally sensitive instructional golf program on golf skill acquisition and psychological development among selected African American youth
- 2000 Hughson, S. M., Kinesiology, TU
Development and validation of a measure to assess risk for eating disorders in elite women athletes.
- 2000 Davis, K. L., Kinesiology, TU

A qualitative study of gender interactions between teachers and students in selected high school physical education classes

- 2000 Schatz, N. S., Kinesiology, TU
Living the high life: A descriptive study of highly involved alpine skiers
- 2000 Doemland, J. H., Kinesiology, TU
Language and performance: A linguistic analysis of performance description by elite athletes
- 2000 Shieve, S. E., Health Studies, TU
Tobacco use among adolescents in Philadelphia: Availability, perceived consequences, and peer provision
- 2000 Martella, P. A., Kinesiology, TU
Wholeness, healing, and risk-taking in women outdoor leaders
- 1999 Ottley, M., Kinesiology, TU
Knowledge, attitudes, and perceptions of selected Trinidad and Tobago coaches and athletes regarding sport psychology consultation
- 1999 Gramer, S. J., Kinesiology, TU
Effects of classroom motivational climate on student goal orientation, attitude toward physical education, cardiovascular fitness, and basketball shooting skill
- 1999 Hinson, C. E., Kinesiology, TU
The effects of cooperative, competitive, and individual physical activities on the development of social skills, motor skills, and fitness of children
- 1999 Wanish, J. A., Kinesiology, TU
An investigation of student development, life values, athletic identity, and the use of the center for enhanced performance among selected cadets.
- 1998 Davis, J., Kinesiology, TU
Effects of gender and the use of verbal cues in demonstrations on cognition and performance of a novel motor task.
- 1998 Pelek, C., Health Studies, TU
A survey of sun protection practices in Pennsylvania state licensed day care Centers
- 1998 Smith, J. L., Kinesiology, TU
Comparisons of concept maps and canoeing among experts, teachers, and books
- 1998 Hoffman, A. L., Kinesiology, TU

Effects of contextual interference on acquisition and retention of three levels of striking skills in children

- 1998 Spencer, P. J., Kinesiology, TU
Comparison of selected developmentally appropriate low organized and traditional games on the linking of physical activity, perceived athletic competence and linking of physical activity due to peer acceptance of third grade students in physical education.

SERVICE

UNIVERSITY OF MICHIGAN

- 2014-2020 University of Michigan Senate Assembly
 2017-2024 MHealthy Advisory Committee

School of Kinesiology

- 2024-2025 SoK M-PACT Search Committee
 2023-2024 AES Faculty Search Committee
 2023-2024 SoK M-PACT Search Committee
 2022-2023 AES Faculty Search Committee (double searches)
 2023 AES Clinical Lecturer Review Committee
 2022 PFP-Kinesiology Candidate Review Committee
 2022 Teaching Professor Promotion Committee
 2022 Graduate Admission Review Committee
 2020-2021 Implementation Science Search Committee
 2020-2020 Exercise and Disability Search Committee
 2018-2020 School Tenure Promotion Review Committee
 2016-2017 Research Group Activity - Kraus Design Work Group
 2014-2015 Health and Fitness Search Committee
 2010-2013 School of Kinesiology Graduate Committee
 2009-2010 Division of Kinesiology Dean Search Advisory Committee
 2008-2009 Division of Kinesiology Dean Search Advisory Committee
 2007-2008 Division of Kinesiology Executive Committee
 2006-2007 Division of Kinesiology Executive Committee
 2006-2007 Division of Kinesiology Salary Equity Sub-Committee

TEMPLE UNIVERSITY

- 1998-2003 Member, Faculty Senate Library Committee of Temple University
 2001 Member of Ad Hoc Committee, Graduate Board Program Review Committee
 2000-2003 Member, Steering Committee in College of Education
 2002-2003 College of Education Representative Senator

Department

2002-2003	Member, 2003 AAHPERD Convention Committee
2002	Member, Student Award Committee
2001	Member, Graduate Faculty Status Committee
2001-2002	Member, Department Personnel Committee
2000-2001	Member, Department Personnel Committee
2000-2001	Member, Executive Committee of BRL
2000	Member, Search Committee for Exercise Physiology
1999-2001	Chair, Behavioral Science Program Group
2000	Member, Graduate Faculty Status Committee
1998-1999	Member, Departmental Personnel Committee
1997-1998	Member, Departmental Personal Committee
1997-1998	Member, Search Committee for Athletic Training
1998-1999	Member, Search Committee for Athletic Training

PROFESSIONAL LEADERSHIP**Journal Editorial and Reviewing*****Research Collection Guest Advisor***

2026-2027 Annals of Medicine

Research Topic Collection Guest Editor

2026-2027 Psychology in Frontiers

Special Issue Guest Editor

2025-2026 Healthcare

Special Issue Guest Editor

2023-2024 Scientific Report

Special Issue Guest Editor

2023-2024 Healthcare

Special Issue Guest Editor

2022-2023 BMC Geriatrics

Special Issue Guest Editor

2021-2022 International Journal of Environmental Research and Public Health

Special Issue Editor-in-Chief

2020-2021 BioMed Research International

Academic Editor

2018-2020 Medicine

Associate Editor

2016-2018 Journal of Teaching in Physical Education
 2013-Present Research Quarterly for Exercise and Sport

Reviewing Editor

2019-2023 Frontiers in Sports and Active Living

Editorial Board

2025 Academia Mental Health and Well-Being
 2025 Healthcare
 2023- Scientific Reports
 2020- BioMed Research International
 2019- Frontiers in Sports and Active Living
 2012- Advances in Physical Education
 2013-2020 International Journal of Advanced Educational Research
 2007-2024 Journal of Teaching in Physical Education
 2008-2010 International Journal of Applied Educational Studies
 2014-2015 Journal of Obesity and Overweight

Reviewer Board

2022- OBM Geriatrics

Journal Reviewer**2026****Archives of Gerontology and Geriatrics**

Advances in Integrative Medicine
 Journal of Sports and Health Science
 Psychology, Health & Medicine
 Journal of Aging and Health
 Medicine

Geriatric Nursing

Psychology, Health & Medicine
 Preventive Medicine Reports
 Frontiers in Psychology

2025

Annals of Medicine
 Geriatric Nursing
 Journal of Physical Activity and Health
 Scientific Reports
 Sage Open

2024

Sage Open
 Frontiers in Digital Health

Journal of Clinical and Translational Science
Research in Nursing and Health
Preventive Medicine
International Journal of Sport and Exercise Psychology
OBM Neurobiology
Journal of Teaching in Physical Education

2023

Journal of Integrative Neuroscience
Journal of Teaching in Physical Education
OBM Geriatrics
Journal of Aging and Health
Journal of Science and Medicine in Sport
Scientific Reports
Journal of Aging and Physical Activity
European Journal of Investigation in Health, Psychology and Education

2022

Journal of Aging and Physical Activity
Mental Health and Physical Activity
Journal of Aging and Health
Journal of American College Health
Frontiers in Psychology
Scientific Reports
Journal of Neurology and Neurorehabilitation Research
Current Psychology
Annals of Medicine
Health Education Journal
Journal of Teaching in Physical Education

2021

Biomedical Environmental Science
Journal of Happiness Studies
Personality and Individual Differences
Journal of American College Health
Psychology Research and Behavior Management
Risk Management and Healthcare Policy
Frontiers in Sports and Active Living
Psychology, Health & Medicine
Frontiers in Pediatrics
Frontiers in Psychology
Archives of Gerontology and Geriatrics
American Journal of Preventive Medicine
Journal of Teaching in Physical Education
Current Psychology
Journal of Sports and Health Science

2020

Journal of Geriatric Oncology
Journal of Women & Aging
Journal of American College Health
Journal of Teaching in Physical Education
European Journal of Health Psychology
Aging and Mental Health
Current Psychology
PLOS One
Health and Place

2019

Geriatric Nursing
BMC Public Health
Journal of American College Health
Research Quarterly for Exercise and Sport
American Journal of Lifestyle Medicine
Medicine
PLOS One
Journal of Teaching in Physical Education
Journal of Geriatric Oncology
Current Psychology
International Journal of Sport and Exercise Psychology
Journal of Science and Medicine in Sport

2018

Journal of American College Health
Measurement in Physical Education and Exercise Science
International Journal of Adolescent Medicine and Health
Medicine
American Journal of Preventive Medicine
Research Quarterly for Exercise and Sport
BMC Public Health
International Journal of Sport and Exercise Psychology
Current Psychology

2017

BioMed Research International
Adapted Physical Activity Quarterly
BMC Public Health
Journal of Child and Family Studies
Journal of Happiness Studies
Journal of Motor Learning and Development
Journal of Teaching in Physical Education

Preventive Medicine
Research Quarterly for Exercise and Sport

2016

BMC Pediatrics
BMC Public Health
Early Child Development and Care
International Journal of Sport and Exercise Psychology
Journal of Curriculum Studies
Journal of Physical Activity and Health
Journal of Teaching in Physical Education
Learning and Individual Differences
Teaching and Teacher Education
Research Quarterly for Exercise and Sport

2015

Educational Psychology
International Journal of Sport and Exercise Psychology
Journal of Motor Learning and Development
Journal of Teaching in Physical Education
Teaching and Teacher Education
Sport, Exercise, and Performance Psychology

2014

Advances in Physical Education
British Journal of Education, Society & Behavioral Science
Educational Psychology- An International Journal of Experimental Educational Psychology
International Journal of Sport and Exercise Psychology
Journal of Teaching in Physical Education
Measurement in Physical Education and Exercise Science
Research Quarterly for Exercise and Sport

2013

Educational Research and Evaluation
Journal of Teaching in Physical Education
Physical Education and Sport Pedagogy
Research Quarterly for Exercise and Sport

2012

Adapted Physical Activity Quarterly
Advances in Physical Education
International Journal of Applied Educational Studies
Journal of Applied Sport Psychology
Journal of Teaching in Physical Education
Measurement of Physical Education and Exercise Science.

Physical Education and Sport Pedagogy
Research Quarterly for Exercise and Sport
Sport, Exercise, and Performance Psychology

2011

International Journal of Applied Educational Studies
Measurement of Physical Education and Exercise Science
Journal of Teaching in Physical Education
Physical Education and Sport Pedagogy
Psychology of Sport and Exercise
Research Quarterly for Exercise and Sport

2010

Journal of Teaching in Physical Education
Measurement of Physical Education and Exercise Science
Physical Education and Sport Pedagogy
Psychology of Sport and Exercise
Research Quarterly for Exercise and Sports

2009

Adapted Physical Activity Quarterly
International Journal of Applied Educational Studies
Journal of Teaching in Physical Education
Physical Education and Sports Pedagogy
Research Quarterly for Exercise and Sports

2008

European Physical Education Review
International Journal of Applied Educational Studies
Journal of Teaching in Physical Education
Research Quarterly for Exercise and Sports

2007

Journal of Teaching in Physical Education
Physical Education and Sport Pedagogy
Research Quarterly for Exercise and Sport

2006

Journal of Teaching in Physical Education
Research Quarterly for Exercise and Sport

2005

Journal of Teaching in Physical Education
Research Quarterly for Exercise and Sport

2004

Perceptual and Motor Skills
Physical Education and Sport Pedagogy

2003

Journal of Teaching in Physical Education
Research Quarterly for Exercise and Sport

2002

Research Quarterly for Exercise and Sport
Physical Education and Sport Pedagogy

2001

Research Quarterly for Exercise and Sport

Grant Reviewer

2026	Reviewer, the Alzheimer's Association Research Grant for All (AARGA).
2025	Reviewer, the Alzheimer's Association Research Grant Program (AARG and AARG-D).
2024	Reviewer, the UCI Institute for Clinical and Translational Science grant review panel of the College of Health Science.
2023	Reviewer, the National Science Foundation (NSF) SBIR/STTR grant proposal.
2023	Reviewer, the grant proposal for University of Sharjah, Office of Vice Chancellor for Research and Graduate Studies.
2022-2023	Reviewer, the Alzheimer's Association Research Grant Program (AARG and AARG-D).
2020	Reviewer, the project proposal No. 21-22540S for Czech Science Foundation.
2018	Reviewer, KL2 grant application for Michigan Institute for Clinical & Health Research (MICHHR).
2018	Reviewer, Research grant application for National Medical Research Council Ministry of Health, Singapore.
2015-2016	Reviewer, Research grant application for National Medical Research Council Ministry of Health, Singapore.
2010-2012	Reviewer, AAHPERD Research Consortium Grant Phase I and Phase II

Conference Abstract Reviewer

2026	The 2026 Research Consortium for the SHAPE America National Convention
2025	The 2025 Research Consortium for the SHAPE America National Convention
2024	The 2024 International Chinese Society for Physical Activities and Health Annual Conference.
2024	The 2024 World Physical Education Alliance International Conference.
2023	The 2023 World Physical Education Alliance International Conference.

2023	The 2023 International Chinese Society for Physical Activities and Health Annual Conference.
2020-2023	Research Consortium for the SHAPE America National Convention.
2019	The 2019 World Congress on Teaching, Learning, and Curriculum in Physical Education, Shanghai, China.
2014-2018	Research Consortium for the SHAPE America National Convention.
2014	The World Conference on Physical Education and Sport: Challenges and Future Direction, Shanghai, in China.
	Research Consortium for the 2015 SHAPE America National Convention.
2002-2013	AERA SIG for the AERA Annual Meeting.
2002-2013	Research Consortium for the AAHPERD National Convention.
2008	Beijing Olympic Scientific Congress.

Book Reviewer

2010-2011	Handbook of Elementary Physical Education
2008	Four Textbook Chapters

External Reviewer of Promotion Cases

2023	Tenure and promotion at the University of South Carolina's Arnold School of Public Health
2016	Tenure and promotion at University of British Columbia
2012	Tenure and Promotion at Ohio State University

Professional Leadership

2024-2025	Past-President , International Chinese Society for Physical Activities and Health (ICSPAH).
2023-2024	President , ICSPAH.
2023-2024	President , Executive Committee of the 2024 International Chinese Society for Physical Activities and Health Annual Conference in Beijing, China.
2023-2024	Chair , the 2023 Journal of Physical Activity and Health Editor-in-Chief Search Committee.
2022-2023	Chair , the 2023 ICSPAH Annual Conference Abstract Review Committee.
2022-2023	President-Elect , ICSPAH.
2019	Member, Executive Committee of 2019 World Congress on Teaching, Learning, and Curriculum in Physical Education
2016	Member, AERA Outstanding Paper Committee
2013-2016	Member, RQES Exemplary Paper Committee
2012-2013	Past Chair , American Educational Research Association (AERA)-Research on Learning and Instruction in Physical Education
2010-2013	Member, JTPE Metzler-Freedman Exemplary Paper Award
2011-2012	Chair , American Educational Research Association (AERA) Research on Learning and Instruction in Physical Education
2010-2011	Chair-Elect , American Educational Research Association (AERA): Research on Learning and Instruction in Physical Education
2008-2009	Past Chair , NASPE Curriculum and Instruction Research Academy Committee
2007-2009	Member, NASPE-Professional Preparation and Research Steering Committee

2007-2008	Chair , NASPE Curriculum and Instruction Research Academy Committee
2007-2008	Chair , AERA SIG Senior Scholar Lecture Committee
2007	Chair , Pedagogy Review Panel, Research Consortium abstracts at the 2008 AAHPERD National Convention.
2007	Chair , reviewing NASPE abstracts for the 2008 AAHPERD National Convention
2006-2007	Chair-Elect , NASPE Curriculum and Instruction Academy Committee
2006-2007	Chair, AAHPERD Research Writing Award Committee
2006-2007	Member, AERA SIG Scholar Award Committee
2005	Chair , Pedagogy Review Panel, Research Consortium abstracts at the 2006 National Convention.
2005	Member, RQES Research Writing Award Committee.
2004	Member, Lawrence F. Locke Outstanding Dissertation Award Committee for SIG of 2004 AERA Annual Meeting.
1998- 2002	Chair , Research Committee of the State of Pennsylvania AHPERD