

Xiaoxia Zhang, Ph.D., CAPE
Curriculum Vitae
(Updated February 2024)

PERSONAL INFORMATION

Institution: School of Sport Sciences, West Virginia University
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EDUCATION

Ph.D. in Kinesiology Aug 2018 – Aug 2020	The University of Texas at Arlington (UTA), Texas, United States <i>Physical Activity and Motor Behavior Specialization</i>
Ph.D. in Educational Psychology and Kinesiology Jan 2016 – Aug 2018 (Transferred to UTA)	University of North Texas (UNT), Texas, United States <i>Sport Pedagogy and Motor Behavior Specialization</i>
Master of Education 2012 – 2015	Shanghai University of Sport (SUS), Shanghai, China; Palacký University, Olomouc, Czech Republic; Nov 2013-Jun 2014 <i>Adapted Physical Activity Specialization</i>
Bachelor of Education 2008 – 2012	Shanghai University of Sport, Shanghai, China <i>Major in Physical Education and Coaching</i>

PROFESSIONAL APPOINTMENT/EMPLOYMENT

2023- present	Assistant Professor in Adapted Physical Activity, West Virginia University
2022 – 2023	Assistant professor in Kinesiology, Centenary College of Louisiana
2020-2022	Program coordinator and postdoctoral fellow, Multi-institutional Adapted Physical Activity Mentorship Consortium (Director: Joonkoo Yun), ECU https://mamc.info/
2018-2020	Teaching and research assistant, Department of Kinesiology, UTA
2018-2020	Lab manager, Movement and Physical Activity Epidemiology Lab, UTA
2016-2018	Research assistant, Department of Kinesiology, UNT
2015-2015	Teaching assistant, College of Physical Education and Sports Training, SUS
2012-2012	Intern physical education teacher, No.1 High School Affiliated to Tongji University, Shanghai.

RESEARCH INTERESTS

- Adapted Physical Activity for individuals with disabilities
- Health disparities in movement behaviors (i.e., physical activity, sedentary behavior, sleep), obesity, physical fitness, and motor competence
- The underlying behavioral and social determinants of physical activity and mental health outcomes (e.g., depression, cognition, and quality of life)

- Technology-based physical activity and health intervention

SCHOLARLY PUBLICATION RECORDS

Published Data-Based/Theoretical Refereed Papers (* master-level student; # undergraduate)

1. **Zhang, X.**, & Yun, J. (Accepted). The 20-year trend of obesity and recreational screen time among children receiving special education services. *International Journal of Disability, Development and Education*.
2. Moss, S., **Zhang, X.**, Taleb, Z. B., & Gu, X. (2024). The associations of physical activity and health-risk behaviors toward depressive symptoms among college students: gender and obesity disparities. *International Journal of Environmental Research and Public Health*, 21(4), 401.
3. **Zhang, X.**, Gu, X., Chu, T.Z., Lee, J., & Zhang, T. (2024). Weight status and socio-demographic disparities in children's physical activity intensity during different segments of the school day. *The Elementary School Journal*, 124(3), 000-000.
4. **Zhang, X.**, Kern, Z.C.*, & Yun, J. (2023). Physical activity and mental health of parents of children with autism spectrum disorder. *Adapted Physical Activity Quarterly*, 40(4), 649-663. <https://doi.org/10.1123/apaq.2022-0175>
5. **Zhang, X.**, Moss, S., & Gu, X. (2023). Disparities in physical activity and depressive symptoms among young adults in the early stage of the COVID-19 pandemic. *International Journal of Kinesiology and Sports Science*, 11(1), 1-9. <https://journals.aiac.org.au/index.php/IJKSS/article/view/7625>
6. Yang, H., Fu, C., **Zhang, X.**, & Li, W. (2023). Association between physical activity levels and anxiety or depression among college students in China during the COVID-19 pandemic: A meta-analysis. *Medicine*, 102(49), e36524. <https://pubmed.ncbi.nlm.nih.gov/38065915/>
7. Moss, S., **Zhang, X.**, Tamplain, P., & Gu, X. (2023). Overweight/obesity and socio-demographic disparities in children's motor and cognitive function. *Frontiers in Psychology*, 14, 2081. <https://doi.org/10.3389/fpsyg.2023.1134647>
8. Yang, H., Liu, L., & **Zhang, X.** (2023). Exercise interventions on body composition and quality of life of overweight/obese breast cancer survivors: a meta-analysis. *BMC Women's Health*, 23(1), 484. <https://doi.org/10.1186/s12905-023-02627-2>
9. Zhang, T., Lee, J., **Zhang, X.**, & Gu, X. (2022). Social ecological factors in predicting college students' physical activities and sedentary behavior. *Sustainability*. 14(19), 12873.
10. **Zhang, X.**, & Gu, X. (2022). Adherence to the 24-Hour movement behavior guidelines and associations with depressive symptoms among college students. *International Journal of Kinesiology in Higher Education*, 6(4), 225-237.
11. **Zhang, X.**, Gu, X., Zhang, T., & Keller, J. M. (2022). The mediating roles of sleep quality and sedentary behavior between physical fitness and depression among female college freshmen. *Journal of American College Health*, 70(5), 1528-1535. <https://doi.org/10.1080/07448481.2020.1809431>
12. **Zhang, X.**, Gu, X., Chen, S., Keller, J., & Lee, J. (2021). The roles of sex and minority status in children's motivation and psychomotor learning. *Perceptual and Motor Skills*. 128(6), 2849-2866. <https://doi.org/10.1177/00315125211046446>
13. Zhang, J, Gu, X., **Zhang, X.**, Lee, J., Chang, M., & Zhang, T. (2021). Longitudinal effects of motivation and physical activity on depressive symptoms among college

- students. *International Journal of Environmental Research and Public Health*. 18(10), 5121. <https://doi.org/10.3390/ijerph18105121>
14. **Zhang, X.**, Chen, S., & Gu, X. (2020). Ethnic disparities in mental health and movement behaviors during childhood: Examining the longitudinal developmental patterns. *Journal of Racial and Ethnic Health Disparities*, 7(6), 1249-1257. <https://doi.org/10.1007/s40615-020-00750-6>
 15. Rasberry, J.E.*, **Zhang, X.**, Moss, S., Chen, S., & Gu, X. (2020). Movement behaviors and health-related fitness among pubertal adolescents: 2012 NHANES National Youth Fitness Survey data. *Journal of Sport Medicine and Physical Fitness*. 11(4). DOI: 10.23736/S0022-4707.20.11527-5
 16. Gu, X., Zhang, T., Chen, S., Keller, M. J., & **Zhang, X.** (2020). School-based sedentary behavior, physical activity, and health-related outcomes among Hispanic children in the United States: A cross-sectional study. *International Journal of Environmental Research and Public Health*, 17(4), 1197. <https://doi.org/10.3390/ijerph17041197>
 17. Xiang, M., Gu, X., **Zhang, X.**, Moss, S., Huang, C., Nelson, L.P., & Zhang, T. (2020). Psychosocial mechanism of adolescent's depression: Dose-response relation with physical activity. *Children*, 7(37), 1-9. <https://doi.org/10.3390/children7040037>
 18. Chu, T. L. A., Zhang, T., Thomas, K. T., **Zhang, X.**, & Gu, X. (2020). School environments predict Hispanic children's physical education related outcomes through basic psychological need satisfaction. *Learning and Individual Differences*, 80, 101844. <https://doi.org/10.1016/j.lindif.2020.101844>
 19. Chu, T. L., **Zhang, X.**, Lee, J., & Zhang, T. (2020). Perceived coach-created environment directly predicts high school athletes' physical activity during sport. *Journal of Sports Science & Coaching*. 1747954120959733. <https://doi.org/10.1177/1747954120959733>
 20. Yang, X., Lee, J., Gu, X. **Zhang, X.**, & Zhang, T. (2020). Physical fitness promotion among adolescents: Effects of a jump rope-based physical activity afterschool program. *Children*, 7(8), 95. <https://doi.org/10.3390/children7080095>
 21. Gu, X., Keller, J., Zhang, T., & **Zhang, X.** (2020). Toward active living: Enabling physical activity among adults with intellectual and developmental disabilities. *Journal of Health Science & Education*.
 22. Lee, J., Zhang, T., **Zhang, X.**, Chu, T.L., & Weiller-Abels, K. H. (2020). Preservice classroom teachers' perspectives toward a comprehensive school physical activity programme. *Health Education Journal*. 0017896920958047 <https://doi.org/10.1177/0017896920958047>
 23. **Zhang, X.**, Gu, X., Zhang, T., Caçola, P., & Wang, J. (2020) Are movement behaviors and fundamental motor skills associated with fitness and fatness in early childhood? Findings from the 2012 NHANES National Youth Fitness Survey. *Pediatric Exercise Science*, 32(1), 9-15. <https://doi.org/10.1123/pes.2018-0272>
 24. Gu, X., Zhang, T., Chu, T. L., **Zhang, X.**, & Thomas, K. T. (2019). Do physically literate adolescents have better academic performance? *Perceptual and Motor Skills*, 126(4), 585-602. <https://doi.org/10.1177/0031512519845274>
 25. Gu, X., Chen, S., & **Zhang, X.** (2019). Physical literacy at the start line: Young children's motor competence, fitness, physical activity, and fitness knowledge. *Journal of Teaching in Physical Education*. 38 (2), 146-154. <https://doi.org/10.1123/jtpe.2018-0069>
 26. Gu, X., Zhang, T., Chu, T. L., Keller, J., & **Zhang, X.** (2019). The direct and indirect effects of motor competence on adolescents' mental health through health-related physical fitness. *Journal of Sports Science*, 37(17), 1927-1933. <https://doi.org/10.1080/02640414.2019.1605652>

27. Gu, X., Zhang, T., Chu, T. L., Wang, J., **Zhang, X.**, Nelson, L., & Brown, B. (2019) Exploring racial disparities in physical activity and quality of life through an expectancy-value perspective. *Journal of Racial and Ethnic Health Disparities*, 6(5), 973-980. <https://doi.org/10.1007/s40615-019-00598-5>
28. **Zhang, X.**, Gu, X., Keller, J., & Chen, Q. (2019). Understanding physical activity behavior of Chinese female college students with/without vulnerable conditions: A theory of planned behavior perspective. *Women & Health*, 59(8), 907-920. <https://doi.org/10.1080/03630242.2019.1567647>
29. Colombo-Dougovito, A. M., Block, M., **Zhang, X.** & Strehli, I. (2019). A multiple-method review of accommodations to gross motor assessments commonly used with children and adolescents on the autism spectrum. *Autism*, 24(3), 693-706. <https://doi.org/10.1177/1362361319884400>
30. Lee, J. Zhang, T., Chu, T. L., **Zhang, X.**, Weiller-Abels, K. H., & Keller, J. (2019). Comprehensive school physical activity program and physical literacy: Exploring preservice elementary classroom teachers' perspectives. *Advances in Physical Education*, 9(4), 314-330. [10.4236/ape.2019.94022](https://doi.org/10.4236/ape.2019.94022)
31. **Zhang, X.**, Gu, X., Zhang, T., Keller, J., & Chen, S. (2018). Comprehensive school physical activity programs: Recommendations for physical education teacher education. *Journal of Physical Education, Recreation & Dance*, 89(5), 11-18. <https://doi.org/10.1080/07303084.2018.1440268>
32. Gu, X., Chen, S., & **Zhang, X.** (2018). Young Hispanic and non-Hispanic children's fundamental motor competence and physical activity behaviors. *Journal of Motor Learning and Development*, 7(2), 180-193. <https://doi.org/10.1123/jmld.2018-0003>
33. Chu, T. L., Zhang, T., Thomas, K. T., **Zhang, X.**, & Gu, X. (2018). Predictive strength of basic psychological needs in physical education among Hispanic children: A gender-based approach. *Journal of Teaching in Physical Education*, 38(3), 233-240. <https://doi.org/10.1123/jtpe.2018-0126>
34. Zhang, T., Gu, X., Jessica, J., Keller, J., & **Zhang, X.** (2017). The role of built environment on children's sedentary behavior: A social ecological perspective. *World Journal of Preventive Medicine*, 5(1):33-42. [doi: 10.12691/jpm-5-1-5](https://doi.org/10.12691/jpm-5-1-5)
35. **Zhang, X.**, Wu, X., Wang, D., & Kudláček M. (2015). Construction of European standards in adapted physical activity and its enlightenment. *Journal of Physical Education*, 22(6): 1-6. (in Chinese).
36. **Zhang, X.**, Wu, X., Chen, Q., & Kudláček M. (2014). Adapted physical activity talents training in the Czech Republic and its enlightenment. *Journal of Sport Cultural Guide*, 35-38. (in Chinese).
37. Wu, X., & **Zhang, X.** (2013). Current situation of physical activity participation of students with special education in China. *Journal of Contemporary Sports Science*, 30:167-170. (in Chinese).

GRANTS/CONTRACTS

Funded grants:

- \$2,000.00 Funding agency: SHAPE America Thomas L. McKenzie Research Grant Award
Project title: *Movements and cognitive and mental health in children with autism*
Role: Principal Investigator (08/01/2023-12/31/2024)
- \$2, 000.00 Funding agency: Special Olympic Louisiana
Project title: *Unified Fitness Program for Individuals with Intellectual Disabilities*
Role: Principal Investigator (01/01/2023-12/31/2023)
- \$3,000.00 Funding agency: Mattie Allen Broyles Inaugural Year Research Eminent Scholars Endowed Chair; Centenary College of Louisiana
Project title: *The Behavioral Mechanism of Physical Activity toward Mental Health among College Students*
Role: Principal Investigator (08/01/2022-5/31/2024)
- \$1,400.00 Funding agency: Community Engaged Fellows Program AY 22-23, Centenary College of Louisiana.
Project title: *College Student Practicum of Exercise for Special Population*
Role: Principal Investigator (10/28/2022-08/01/2023).
- \$2,500.00 Funding agency: Society of Health and Physical Educator (SHAPE America) Graduate Student Research Grant Project.
Project title: *24-hour Movement Behavior and Mental Health among Depressed Female Students.*
Role: Principal Investigator (6/01/2019-8/31/2021)
- \$2,000.00 Funding agency: Center for Research and Scholarship Pilot Project Grant, College of Nursing and Health Innovation (CONHI), The University of Texas at Arlington.
Project title: *Behavioral Mechanism of Adolescents' Mental Health: A 24-hour Movement Behavior Approach.*
Role: Principal Investigator (6/01/2019-8/31/2021)
- \$15,000.00 Funding agency: Research Enhancement Program, The University of Texas at Arlington.
Project title: *Effects of Technology-Infused Recess and Classroom Environments (TRACE) on Movement and Academic Behaviors among Ethnic Minority Young Children*
Role: Grant Coordinator (6/01/2019-8/31/2020)
PI: Dr. Xiangli Gu
- \$54,050.00 Funding agency: The Zhejiang Institute of Mechanical and Electrical Engineering (ZIME) Research Grant.

Project title: *Developing "Healthy Campus" through University-School Partnership: The Comprehensive School Physical Activity Program (CSPAP) Intervention.*

Role: Grant Coordinator (09/01/2018-12/31/2020)

PI: Dr. Xiangli Gu

\$12,250.00

Funding agency: Denton MHMR Research Grant.

Project title: *Promoting Physical Activity and Quality of Life among Individual with Intellectual Disabilities.*

Role: Grant Coordinator (11/01/2017-9/30/2018)

PI: Dr. Xiangli Gu

Unfunded Grant

\$1,000.00

Funding agency: CANTAB Research Grant

Project title: Behavioural mechanism of cognitive and mental health in children with autism

Role: PI (1/9/2023-12/31/2023)

\$687,798.00

Funding agency: Simons Foundation Autism Research Initiative.

Project title: *Neurobehavioral biomarkers of sensorimotor function in adolescents with autism spectrum disorder*

Role: Grant Coordinator (11/1/2021-10/1/2024)

PI: Mizelle, J.C., & Yun, J.

CONFERENCE PAPERS/PRESENTATIONS (* master-level student; # undergraduate)

Published abstracts are listed under professional presentations.

Oral Presentations

1. **Zhang, X.** & Yun, J. (2024, March). Development of a Scale to Measure Quality of Physical Education. To be presented at 2024 SHAPE America National Convention and Expo, Cleveland, OH. (National level, peer review)
2. **Zhang, X.** & Gu, X. (2023, March). *Associations between perceived competence towards physical activity and mental and cognitive functioning among young adults.* Roundtable presented at 2023 SHAPE America National Convention and Expo, Seattle, WA. (National, peer review)
3. **Zhang, X.**, Gu, X., & Wang, J. (2022, April). 24-hour movement behavior and mental health among depressed female students. Presented at 2022 SHAPE America National Convention and Expo, New Orleans, LA. (National, peer review)
4. **Zhang, X.** & Gu, X. (2021, April). *Adherence to the 24-hour movement behavior guidelines and associations with depression.* Presented at 2021 SHAPE America National Convention and Expo, Baltimore, MD. (National level, peer review)
5. **Zhang, X.**, Gu, X., & Caçola, P. (2020, April). *Disparity trends in physical activity and fitness from childhood to adolescence: An ethnicity perspective.* Presented at Virtual-2020 SHAPE America National Convention and Expo, Salt Lake City, UT. (Peer Reviewed, National). Abstract Published in *Research Quarterly for Exercise and Sport*, 91, A-61.

[Weblink](#)

6. Gu, X., Zhang, T., Caçola, P., & **Zhang, X.** (2019, June). *A reciprocal pathway between motor competence and physical activity through health-related fitness in middle childhood*. Oral Presentation presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) in Baltimore, MD, 2019. (Peer Reviewed, International). Abstract published in *Journal of Sport & Exercise Psychology*, 41, S13. [Weblink](#)
7. Colombo-Dougovito, A. M., Block, M., **Zhang, X.**, & Strehli, I. (2019, June) *Common modifications for youth on the autism spectrum during motor skill assessment*. Oral presentation presented at the 2019 International Symposium on Adapted Physical Activity (ISAPA), Charlottesville, VA. (Peer Reviewed, International)
8. **Zhang, X.**, Gu, X., Xiang, M., Feng, M., Sun, R., & Chu, T. L. (2019, April). *Changes and differences in expectancy-value beliefs and physical activity among students with and without depression*. Oral presentation presented at 5th International Chinese Society for Physical Activities and Health (ICSPAH) Symposium of the 2019 SHAPE America National Convention and Expo, Tampa, FL. (**Excellent Oral Presentation Award**) (Peer Reviewed, International)
9. Chu, T. L., **Zhang, X.**, Lee, J., & Zhang, T. (2019, April). *Does high school sport provide enough physical health benefits? Sport type and level matter*. Oral presentation presented at 6th ICSPAH Symposium of the 2019 SHAPE America National Convention and Expo, Tampa, FL. (Peer Reviewed, International)
10. Xiang, M., Gu, X., Nelson, L., Zhang, T., & **Zhang, X.** (2019, April). *Psychosocial pathway of adolescents' depression: A dose-response relation with physical activity*. Oral presentation presented at 6th ICSPAH Symposium of the 2019 SHAPE America National Convention and Expo, Tampa, FL. (Peer Reviewed, International)
11. Zhang, T., Shen, L., Gu, X., Lee, J., & **Zhang, X.** (2018, June). *Sedentary behavior, daytime sleepiness, depression, and academic achievements in Chinese adolescents*. Paper presented at the 2018 International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Conference in Hong Kong, China, 2018. (Peer Reviewed, International)
12. Gu, X., Chen, S., & **Zhang, X.** (2018, March). *Physical literacy at the "Start Line": 8-9 year olds competencies evaluation*. Roundtable presented at 2018 SHAPE America National Convention and Expo, Nashville, TN. (Peer Reviewed, National). Abstract published in *Research Quarterly for Exercise and Sport*, 88, A-167. [Weblink](#)

Poster Presentations

1. **Zhang, X.**, Garcia, J., & Ross-Cypcar, S. (2024, September). *Disparities of Physical Activity and Screen Time Between 5-11-Year Old Children With and Without Disabilities*. To be presented at 2024 North American Federation of Adapted Physical Activity (NAFAPA) annual conference, Ithaca, NY. (International, peer review)
2. Ross-Cypcar, S., Garcia, J., Zimmerman, S., & **Zhang, X.** (2024, September). *Physical Activity Course Implementation for Individuals with Intellectual and Neurodevelopmental Disabilities in an Inclusive Post-Secondary Education Model*. To be presented at 2024 North American Federation of Adapted Physical Activity (NAFAPA) annual conference, Ithaca, NY. (International, peer review)
3. Ross-Cypcar, S., Simpson, A.C., & **Zhang, X.** (2024, September). *Aligning Faculty Perspectives on Disability Simulations with Learning Objectives and Standards: A*

- Building Session*. To be presented at 2024 North American Federation of Adapted Physical Activity (NAFAPA) annual conference, Ithaca, NY. (International, peer review)
4. Yun, J., **Zhang, X.**, & Maeng, H. (2024, March). *Accuracy of Steps Counts Measured by Two Popular Smartwatches*. Presented at 2024 SHAPE America National Convention and Expo, Cleveland, OH. (National level, peer review)
 5. **Zhang, X.**, Moss, S., & Gu., X. (2023, June). *Combined effects of physical activity, sedentary behavior, and sleep on executive function among college students*. Presented at 2023 ACSM Annual Meeting, Denver, CO. (Peer Reviewed, National).
 6. Deng, Y., Yli-Piipari, S., **Zhang, X.**, & Tamura, K. (2023, June). *Time trend and demographic disparities in adolescents' obesity and domain-specific physical activity from 2007 to 2020*. Presented at 2023 ACSM Annual Meeting, Denver, CO. (Peer Reviewed, National).
 7. Yang, H., & **Zhang, X.** (2023, May). *Factors influencing parents' intention to involve autistic preschoolers in outdoor physical activities*. Presented at the 8th ICSPAH Symposium, Online Conference. (Peer Reviewed, International)
 8. Bao, S., **Zhang, X.**, Moss, S., & Gu., X. (2022, December). *The longitudinal effects of movement behaviors on depression among college students*. To be presented at the 99th TAHPERD Annual Convention, Corpus Christi, TX
 9. **Zhang, X.**, Kern, Z. G*, & Yun, J. (2022, June). *Physical activity and mental health of parents of children with autism spectrum disorder*. Presented at 69th American College of Sports Medicine (ACSM) Annual Meeting, San Diego, CL. (Peer Reviewed, National).
 10. **Zhang, X.**, & Yun, J. (2022, April). *Influence of quality high school physical education on physical activity*. Presented at 2022 SHAPE America National Convention and Expo, New Orleans, LA. (National, peer review)
 11. Moss, S., **Zhang, X.**, Nelson, L., & Gu, X. (2022, April). *Dose-response relationship of physical activity with cognition and classroom behaviors*. Presented at 2022 SHAPE America National Convention and Expo, New Orleans, LA. (National level, peer review)
 12. Vanhoose, K., Moss, S., **Zhang, X.**, Taleb, Z.B., & Gu., X. (2022, April). *Disparities in physical activity, tobacco use, and depression during COVID-19*. Presented at 2022 SHAPE America National Convention and Expo, New Orleans, LA. (National, peer review)
 13. Gu, X., Moss, S., & **Zhang, X.** (2021, September). *Effect of the virtual reality-infused movement and activity program (V-MAP) on physical activity and cognition in head start preschoolers*. Presented at 5th Assembly of the International Motor Development Research Consortium (I-MDRC), Virtual Conference. (International level, peer review)
 14. **Zhang, X.**, & Yun, J. (2021, July). *Trend of obesity and sedentary behavior in children with a disability*. Presented at 2021 OSEP Leadership & Project Directors Conference Information.
 15. Moss, S., **Zhang, X.**, Gu, X., & Zhang, T. (2021, April). *Health disparities and socio-demographic correlates among overweight and obese children and adolescents*. Presented to 42nd Annual Meeting & Scientific Sessions of Science of Behavioral Medicine (SBM). Virtual Conference. (National, peer review)
 16. Moss, S., **Zhang, X.**, Melton, M., Zhang, A., & Gu, X. (2021, April). *Associations of physical activity and sedentary behavior with classroom behavior in preschoolers: A gender-based approach*. Presented at 2021 SHAPE America National Convention and Expo, Baltimore, MD. (National level, peer review)

17. Pham[#], S, Shoaib[#], S., Moss, S., **Zhang, X.**, & Gu, X. (2021, April). *Gender disparities in fundamental motor skills development during early childhood*. Presented at 2021 SHAPE America National Convention and Expo, Baltimore, MD. (National level, peer review)
18. Moss, S., **Zhang, X.**, Gu, X., & Tamplain, P. (2020, October). *Fundamental motor skills and cognitive function among preschoolers: Does weight status matter?*. Presented at 13th National Assembly of the International Motor Development Research Consortium (NAIMDRC). (Peer Reviewed, National-Virtual)
19. Zhang, T., Lee, J., Gu, X., **Zhang, X.**, & Chu, T. L. (2020, April). *Understanding adolescent's physical activity and academic outcomes: An expectancy-value approach*. Presented at Virtual-2020 SHAPE America National Convention and Expo, Salt Lake City, UT. (Peer Reviewed, National). Abstract published in *Research Quarterly for Exercise and Sport*, 91. A42-A43. [Weblink](#)
20. Xiang, M., **Zhang, X.**, Gu, X., & Keller, J. (2020, April). *The longitudinal effects of movement behaviors on depression among college students*. Accepted to the 6th ICSPA Symposium of the 2020 SHAPE America National Convention and Expo, Salt Lake City, UT. (Peer Reviewed, National)
21. Rasberry*, J. E., **Zhang, X.**, & Gu, X. (2020, April). *Association between movement behaviors and health-related fitness among pubertal adolescents*. Presented at Virtual-2020 SHAPE America National Convention and Expo, Salt Lake City, UT. (Peer Reviewed, National). Abstract published in *Research Quarterly for Exercise and Sport* (Vol. 91, pp. A54-A54) [Weblink](#)
22. Woolsey[#], B., **Zhang, X.**, & Gu, X. (2020, April). *Motor competence and body composition among preschoolers: Gender-based exploration*. Presented at Virtual-2020 SHAPE America National Convention and Expo, Salt Lake City, UT. (Peer Reviewed, National). Abstract published in *Research Quarterly for Exercise and Sport*, 91, A46-A47. [Weblink](#)
23. **Zhang, X.**, Gu, X., & Moss, S. (2020, February) *Effects of weight status and sedentary behavior on depression among young adults*. Poster presented at the 2020 Annual Conference of Texas Chapter of the American College of Sport Medicine (TACSM), Waco, Texas. (Peer Reviewed, Regional). Abstract published in *International Journal of Exercise Science: Conference Proceedings*, 2(12), 124. [Weblink](#)
24. Coriddi[#], A. **Zhang, X.**, Moss, S., & Gu, X. (2020, February). *Assessing sleep, sedentary behaviors, and physical activity among college students: The roles of ethnicity and obesity*. Poster presented at the 2020 Annual Conference of TACSM, Waco, Texas. (**Research Poster Award 3rd Place**) (Peer Reviewed, Regional). Abstract published in *International Journal of Exercise Science: Conference Proceedings*, 2(12), 121. [Weblink](#)
25. Coriddi[#], A. **Zhang, X.**, Moss, S., & Gu, X. (2019, November) *Associations between sleep and academic self-efficacy among college students*. Presented at the 2019 Undergraduate Research Assistant Program (UGRAP) (**Research Poster Award**) (peer-reviewed, undergraduate-level)
26. **Zhang, X.**, Gu, X., & Chen, S. (2019, June). *Longitudinal changes of movement behaviors and mental health: A comparison between Hispanic and non-Hispanic young children*. Presented at the annual meeting of NASPSA in Baltimore, MD. (Peer Reviewed, National). Abstract published in *Journal of Sport & Exercise Psychology*, 41, S91.

27. Wheeler*, S., **Zhang, X.**, Woolsey#, B., Shrestha*, A., & Gu, X. (2019, June). *Childhood development trajectories of anthropometry and cognitive health*. Presented at the annual meeting of the NASPSPA in Baltimore, MD. (Peer Reviewed, National)
28. Woolsey#, B., **Zhang, X.**, Gu, X., & Cacola, P. (2019, December). *Assessing the neuropsychological cognitive function among preschoolers: A pilot study*. Presented at the 96th TAHPERD Annual Convention, Arlington, TX. (**Graduate Student Research Award-1st Place**) (Peer Reviewed, Regional-level)
29. Shrestha#, A., Woolsey#, B., **Zhang, X.**, & Gu, X. (2019, December). *Associations between fundamental motor skills and academic behaviors in early childhood*. Presented at the 96th TAHPERD Annual Convention, Arlington, TX. (**Undergraduate Student Research Award-1st Place**) (Peer Reviewed, Regional-level)
30. Gu, X., Zhang, T., Caçola, P., **Zhang, X.**, & Wang, J. (2019, June). *Association of school day segmented physical activity with children's physical and cognitive health*. Presented at the annual meeting of the ACSM in Orlando, FL. (Peer Reviewed, National). Abstract published in *Medicine & Science in Sports & Exercise*, 51(6), 549-550.
31. **Zhang, X.**, Gu, X., Zhang, T., Lee, J., & Chu, T. L. (2019, April). *Unfolding young children's physical activity participation during school hours*. Poster presented at 2019 SHAPE America National Convention and Expo, Tampa, FL. (**SHAPE America Graduate Student Research Award**) (Peer Reviewed, National). Abstract published in *Research Quarterly for Exercise and Sport*, 90, A102-A103. [Weblink](#)
32. Lee, J., Zhang, T., Chu, T. L., Weiller-Abels, K. H., & **Zhang, X.** (2019, April). *Examining preservice classroom teachers' perspectives on the comprehensive school physical activity program (CSPAP)*. Presented at 2019 SHAPE America National Convention and Expo, Tampa, FL. (Peer Reviewed, National) Abstract published in *Research Quarterly for Exercise and Sport*, 90, A61-A62. [Weblink](#)
33. **Zhang, X.**, Gu, X., Keller, J., & Nguyen, R. (2018, December). *Exploring motivational process of parental support on physical activity for children with disability?* Presented at the 95th TAHPERD Annual Convention, Galveston, TX. (**Graduate Student Research Award-2nd Place**) (Peer Reviewed, State)
34. Nguyen#, R., **Zhang, X.**, & Gu, X. (2018, December). *Assessment of physical fitness and quality of life in children with disabilities*. Presented at the 95th TAHPERD Annual Convention, Galveston, TX. (**Undergraduate Student Research Award-2nd Place**) (Peer Reviewed, State)
35. Lee, J., **Zhang, X.**, Chu, T. L., & Zhang, T. (2018, December). *The effects of an afterschool physical activity intervention on school-aged children's foundational motor skills*. Presented at the 95th TAHPERD Annual Convention, Galveston, TX. (**Graduate Student Research Award-1st Place**) (Peer Reviewed, State)
36. **Zhang, X.**, & Gu, X., (2018, March). *Understanding children's motivational processes toward performance in physical education*. Presented at 2018 SHAPE America National Convention and Expo, Nashville, TN. (Peer Reviewed, National) Abstract published in *Research Quarterly for Exercise and Sport*, 89, A169. [Weblink](#)
37. **Zhang, X.**, Lee, J., Vint, G., Gu, X., & Zhang, T. (2018, June). *Understanding the relation between physical fitness and executive function among adolescents: An expectancy-value approach*. Presented at 2018 ACSM Annual Meeting, Minneapolis, MN. (Peer Reviewed, National). Abstract published in *Medicine & Science in Sports & Exercise*, 50(5S), 318. [Weblink](#)

38. Zhang, T., Gu, X., Shen, L., Lee, J., & **Zhang, X.** (2018, June). *Understanding high school adolescents' physical activity and depressive symptoms from a psychosocial perspective*. Presented at 2018 ACSM Annual Meeting, Minneapolis, MN. (Peer Reviewed, National). Abstract published in *Medicine & Science in Sports & Exercise*, 50(5S), 323. [Weblink](#)
39. Wang, H., **Zhang, X.**, Ren, S., Gu, X., & Zhang, T. (2018, June). *Using self-determination health behavior model to examine adolescents' need support, need satisfaction, and health-related outcomes*. Presented at 2018 ACSM Annual Meeting, Minneapolis, MN. (Peer Reviewed, National). Abstract published in *Medicine & Science in Sports & Exercise*, 50(5S), 322. [Weblink](#)
40. Shen, L., Lee, J., **Zhang, X.**, Gu, X., & Zhang, T. (2018, June). *High school adolescents' physical activity and physical fitness: A 3 × 2 achievement goal approach*. Presented at 2018 ACSM Annual Meeting, Minneapolis, MN. (Peer Reviewed, National). Abstract published in *Medicine & Science in Sports & Exercise*, 50(5S), 322-323.
41. **Zhang, X.**, Gu, X., & Chu, T. L. (2017, December). *Achievement goal profiles among depressed college freshmen and their associations with health-related outcomes*. Poster presented at the 94th TAHPERD Annual Convention, Fort Worth, TX. (Peer Reviewed, Regional)
42. Lee, J., Zhang, T., Weiller-Abels, K.H., **Zhang, X.** (2017, December). *Pre-service teachers' perceptions and attitudes toward comprehensive school physical activity program (CSPAP): A pilot study*. Presented at the 94th Texas Association for Health, Physical Education, Recreation & Dance (TAHPERD) Annual Convention, Fort Worth, TX. (Peer Reviewed, National)
43. **Zhang, X.** & Zhu, P. (2017, June). *The differentiation effect of college students' status on physical activity and psychosocial perception*. Presented at 2017 ACSM's 64th Annual Meeting and World Congresses, Denver, CO. (Peer Reviewed, National). Abstract published in *Medicine & Science in Sports & Exercise*, 49(5S), 884. [Weblink](#)
44. **Zhang, X.**, Gu, X., Chen, Q., & Da, Y. (2016, November). *Application of the theory of planned behavior among female university students with and without a vulnerable condition*. Presented at the 93rd TAHPERD Annual Convention, Galveston, TX. **(Graduate Student Research Award-1st Place)** (Peer Reviewed, State)
45. **Zhang, X.**, Gu, X., Chen, Q., & Da, Y. (2016, April). *Physical activity behavior of physically vulnerable college students: Application of the theory of planned behavior*. Presented at the 3rd ICSPAH Symposium of the 2016 SHAPE America National Convention and Expo, Minneapolis, MN. **(Excellent Research Poster Award)** (Peer Reviewed, National)
46. **Zhang, X.**, Wu, X., & Kudláček, M. (2014, June, July). *The comparison of adapted physical education teacher training program between Xi'an Physical Education University and Palacky University*. Poster presented at the 7th International Conference on Movement and Health, Olomouc, Czech Republic. (Peer Reviewed, International)
47. **Zhang, X.**, & Wu, X. (2013, May). *A new model of physical education teacher training with abilities in teaching the general student and student with special needs: The perspective of mainstreaming development*. Paper presented at Seminar of Shanghai Graduate Students "Physical education and development of scientific exercise for teenagers", Shanghai, China.

Symposium/Workshop Sessions

1. Moss, S., **Zhang, X.**, Shrestha[#], A., & Gu, X. (2020, December). *Exploring early childhood learning: Fundamental motor skills and classroom behaviors*. Presented at the 97th Texas Association for Health, Physical Education, Recreation & Dance (TAHPERD) Annual Convention, Corpus Christi, TX. (Peer Reviewed, State-level)
2. **Zhang, X.**, Gu, X., & Zhang, T. (2019, December). *MavFit Taichi: Moving for better health and quality of life*. Presented at the 96th TAHPERD Annual Convention, Arlington, TX. (Peer Reviewed, State-level)
3. **Zhang, X.**, Gu, X., Lee, J., Nguyen[#], R., & Zhang, T. (2019, April). *Applying Taichi Fan into K-12 school physical activity: A CSPAP implication*. Workshop presented at 2019 SHAPE America National Convention and Expo, Tampa, FL. (Peer Reviewed, National)
4. **Zhang, X.**, Gu, X., & Zhang, T. (2018, December). *The Taichi: Moving for better health and quality of life*. Program proposal presented at the 95th TAHPERD Annual Convention, Galveston, TX. (Peer Reviewed, State-level)
5. Lee, J., **Zhang, X.**, & Zhang, T. (2018, December). *The application of technology in physical education: How it works*. Program proposal presented at the 95th TAHPERD Annual Convention, Galveston, TX. (Peer Reviewed, State-level)
6. Lee, J., **Zhang, X.**, Nguyen[#], R., Africa[#], G., Reiley[#], R., Gu, X., & Keller, J. (2018, December). *Engaging individuals with disabilities and reducing sedentary behaviors*. Program proposal presented at the 95th TAHPERD Annual Convention, Galveston, TX. (Peer Reviewed, State-level)
7. **Zhang, X.**, Lee, J., & Gu, X. (2018, July). *Using technology in physical education: Strategies and resources*. Symposium presented at the 34th TAHPERD Summer Convention, Frisco, TX. (Peer Reviewed, State-level)
8. Lee, J., **Zhang, X.**, & Zhang, T. (2018, July). *Adventure education and teaching games for understanding for physical literacy*. Symposium presented at the 34th TAHPERD Summer Convention, Frisco, TX. (Peer Reviewed, State-level)
9. **Zhang, X.**, Gu, X., & Zhang, T. (2017, November). *Qigong program for health promotion in community: How it works*. Program proposal presented at the 94th TAHPERD Annual Convention, Fort Worth, TX. (Peer Reviewed, State-level)
10. Lee, J., **Zhang, X.**, & Zhang, T. (2017, November). *Teaching games for understanding and adventure education for physical literacy*. Program proposal presented at the 94th TAHPERD Annual Convention, Fort Worth, TX. (Peer Reviewed, State-level)

TEACHING/COACHING EXPERIENCE

Course instructor

2024 Spring	ACE 215 Sport for the Exceptional Athlete	WVU 36 UGS (3 credits)
2024 Spring	PET 244 Motor Learning and Performance	WVU 52 UGS (2 credits)
2023 Fall	KNES 101/102 Introduction to Kinesiology and Exercise Nutrition	Centenary 24 UGS (4 credits)
2023 May	KNES 343 Exercise Assessment and Prescription	Centenary 15 UGS (4 credits)
2023 Spring	KNES 346 Motor Learning	Centenary 7 UGS (4 credits)
2023 Spring	KNES 348 Exercise for Special Population	Centenary 3 UGS (4 credits)
2022 Fall	KNES 101/102 Introduction to Kinesiology and Exercise Nutrition	Centenary 24 UGS (4 credits)

2022 Spring	KINE 2202 Motor Learning and Performance	ECU 31 UGS (3 credits)
2021 Fall	KINE 2202 Motor Learning and Performance	ECU 30 UGS (3 credits)
2020 Spring	KINE 1400 Introduction for Exercise Science Lab	UTA, 2 sections, 31 UGS
2019 Fall	KINE 1400 Introduction for Exercise Science Lab	UTA, 4 sections, 57 UGS
2019 Summer	KINE 1400 Introduction for Exercise Science Lab	UTA, 2 sections, 26 UGS
2019 Spring	KINE 1400 Introduction for Exercise Science Lab	UTA, 2 sections, 40 UGS
2018 Fall	KINE 1400 Introduction for Exercise Science Lab	UTA, 4 sections, 74 UGS
2015 Fall	Adapted Physical Activity Course	SUS, 2 sections, ~110 UGS

Teaching assistant

2020 Summer	KINE 3415 Physiology of Exercise	UTA, 1 section, UGS
2018 - 2020	KINE 4323 Motor Control and Learning	UTA, 4 semesters, UGS
2019 - 2020	KINE 5323 Motor Control and Learning	UTA, 2 semesters, GS
2016 - 2018	KINE 3560 Secondary Physical Education	UNT, 6 semesters, UGS
2016 - 2018	KINE 3090 Motor Behavior	UNT, 3 semesters, UGS
2011	Undergraduate Aerobic Dance	SUS, 2 semesters, UGS
2012 Fall	Internship of Physical Education at No.1 High School Affiliated to Tongji University, Shanghai.	SUS, 1 semester, High School Students

Mentoring

School clubs Faculty advisor for Special Olympic Club at Centenary College (2022 Est.)

Graduate students

Zackary G Kern KINE 6994: Culminating Research Project; ECU; Summer 2021
Project: *“Physical Activity and Mental Health of Parents of Children with Autism Spectrum Disorder”*

Undergraduate students

Lexy Taylor Crumpton	KINE 4991: Internship; Fall 2021, Spring 2022
Camryn Nicole Pennypacker	KINE 4991: Internship; Spring 2022
Robert Jefferies	KINE 4991: Internship; Spring 2022
Logan Matthews	KINE 4991: Internship; Spring 2022
Jaisen Ellis	KINE 4991: Internship; Spring 2022
Kayin Fails	KINE 4991: Internship; Fall 2021
Jonathan Cortez	KINE 4991: Internship; Fall 2021
Gabrielle Martinez	KINE 4991: Internship; Spring 2021
Kathryn Grace Cairns	KINE 4991: Internship; Spring 2021
Alina Shrestha	Research assistant, UTA

Coaching

Mar 2020-June 2022	Trainer for <i>an Online Zoom Fitness Training (40-mins/3 days/week)</i>
Feb 2017 – Mar 2020	Taichi Fan coach, Chinese Scholars Association at UNT; UTA; TX.
Feb 2016 – Jun 2016	Taichi coach, Taichi Program at <i>Seniors in Motion</i> , Denton, TX.
Oct-Dec 2014	Jazz dance coach, Sport Center of Yangpu District, Shanghai.
Apr-Jun 2013	Aerobic dance coach, Huaishao Middle school, Shanghai.
Apr-Jun 2012	Aerobic dance coach, <i>Qiuzhen Middle School</i> , Shanghai.

Jun 2010-Aug 2011 Aerobics dance coach; Siping Street Activity Center, Shanghai.
 Feb 2009-Mar 2015 Fitness director in *Health Clubs* (part-time), Shanghai.

HONORS AND AWARDS

2022 *Dr. Doris R. Corbett-Johnson Leaders for Our Future Award*, SHAPE America (National)
 2022 *Outstanding Early Career Research Award*, ICSPAH
 2019 *SHAPE America Graduate Student Research Award*, SHAPE America
 2018 *UNT-International Education Scholarship*, UNT International, UNT.
 2018 *College of Education Scholarship*, College of Education, UNT.
 2018 *Dr. Jon Young Scholarship*, Department of Educational Psychology, UNT.
 2017 *Delta Psi Kappa Scholarship*, Department of Kinesiology, UNT.
 2017 *John Douthitt Scholarship*, Department of Kinesiology UNT.
 2017 *Kenneth Bahnsen Scholarship*, Department of Kinesiology UNT.
 2015 *Outstanding Graduate Student of Shanghai*, Education Committee of Shanghai.
 2015 *Excellent Volunteer for Special Olympic*, East Asia Committee of Special Olympics.
 2014 *National Graduate Scholarship*, Shanghai University of Sport.
 2014 *Outstanding Graduate Student*, Shanghai University of Sport.
 2014 *Second-class Graduate Scholarship*, Shanghai University of Sport.
 2013 *Visiting Scholar at Palacky University*, Shanghai University of Sport.
 2009 *First-class of National Aerobics Haosha-Cup Shanghai Station*, Shanghai
 2009 *Second-class National Scholarship*, Shanghai University of Sport.
 2008,
 2009,
 2010 *Outstanding Student of Campus Civilization*, Shanghai University of Sport.

PROFESSIONAL MEMBERSHIPS

July 2021 – Present The National Consortium for Physical Education for Individuals with Disabilities (NCPEID).
 Jan 2019 – Present North American Society for the Psychology of Sport and Physical Activity (NASPSA).
 May 2017 – Present American College of Sport Medicine (ACSM).
 Sep 2016 – Dec 2020 Texas Association for Health, Physical Education, Recreation & Dance (TAHPERD).
 Feb 2016 – Present Society of Health and Physical Educators (SHAPE America).
 Apr 2016 – Present Intl. Chinese Society for Physical Activities and Health (ICSPAH).
 Feb 2016 – Present American Educational Research Association (AERA).
 2009 – 2012 Athlete Member; Chinese Aerobic Association.

PROFESSIONAL LICENSES AND CERTIFICATIONS

2021	<i>Certified Adapted Physical Educator (CAPE)</i> , The National Consortium for Physical Education for Individuals with Disabilities; United States
2012	<i>Certificate of High School Physical Education Teacher</i> , Ministry of Education of the People's Republic of China.
2011	<i>Certificate of National Second-class Referee of Aerobics Dance</i> , Chinese Aerobic Association.
2011	<i>National Forth-class Athlete of Wushu (Martial Arts)</i> , Chinese Wushu Association.
2010	<i>Certificate of National Second-class Athlete of Aerobics Dance</i> , Chinese Aerobic Association.
2010	<i>Third-class Referee of Basketball</i> , China Basketball Association.
2010	<i>Third-class Referee of Volleyball</i> , China Volleyball Association.

COMMUNITY SERVICES

Nov 2022 – December 2023	Board member , Educators Leadership Network of Special Olympics Louisiana (SOLA), Louisiana.
Mar 2020 – Jun 2022	Coach for an Online Virtual Zoom Fitness Training (40-mins/3 days/week; serves for ~20 adults).
Sept 2017 – Aug 2018	Physical Activity and Art Co-leader , Denton County MHMR center for individuals with Mental Health and Intellectual & Developmental Disabilities; Denton, TX. (8-hour per week, around a total of 256 hours)
2013, 2014, 2015	Special Olympic Volunteer , Special Olympics East Asia Regional Camp Shriver, Shanghai University of Sport; Shanghai. (10 hours per day for 10 days; 3 years; a total of 300 hours)
May 2013	Interpreter Volunteer , International Beach Volleyball Tournament in Jinshan District; Shanghai.
Dec 2013	Volunteer , Fifth Special Olympics Coach Training for college students, Shanghai University of Sport; Shanghai. (8 hours for 2 days; a total of 16 hours)

UNIVERSITY SERVICES

- **Department representative**
Preview Admission for Prospective Students; Oct 29th, 2022. July 22nd, 2023.
- **Judge and Moderator**
2023 Annual Research Day, Centenary College of Louisiana
2022 Research & Creative Achievement Week, East Carolina University.
2019 Department of Kinesiology Research Day, The University of Texas at Arlington
- **Secretary**
Colligate Table Tennis Club of University of North Texas; Mar 2017 – Mar 2018.
- **International Visiting Scholar Supervisor**
 - The International Scholar Host Department; Department of Kinesiology, The University of Texas at Arlington, TX, Mar 2019 – Jun 2020. (Supervised 3 visiting scholars).
 - The International Scholar Host Department; Department of Kinesiology, Health Promotion and Recreation, University of North Texas, TX; Aug 2016 – Jul 2018. (Supervised 20 visiting scholars).

PROFESSIONAL SERVICES**Board Members**

Treasurer of ICSPAH, International Chinese Society for Physical Activities and Health; 2022-present

Journal Editorial Board

1. *Journal of Teaching, Research and Media in Kinesiology*

Journal Reviewer (A total of 40 articles)

1. *Research Quarterly for Exercise and Sport* (5)
2. *Journal of Teaching in Physical Education* (9)
3. *European Physical Education Review* (1)
4. *Quest* (2)
5. *Children* (1)
6. *Perceptual and Motor Skills* (2)
7. *Psychological Reports* (1)
8. *BMC Public Health* (1)
9. *Journal of American College Health* (1)
10. *International Journal of Sport and Exercise Psychology* (1)
11. *International Journal of Environmental Research and Public Health* (2)
12. *The International Journal of Kinesiology in Higher Education* (1)
13. *International Journal of Kinesiology and Sport Science* (1)
14. *International Journal of Sports Science & Coaching* (1)
15. *SAGE OPEN* (1)
16. *Journal of Teaching, Research and Media in Kinesiology* (4)
17. *Psychology, Health & Medicine* (1)
18. *Palestra* (2)
19. *BioMed Research International* (2)
20. *Informatics in Medicine Unlocked* (1)
21. *Journal of Sport Science and Medicine* (1)

Conference Abstract Reviewer

- 2021, 2022, 2023 SHAPE America National Convention and Expo.
- 2018, 2019, 2020 Conference of American Education Research Association (AERA).
- 2020, 2023, 2024 International Chinese Society for Physical Activities and Health (ICSPAH) Symposium, Salt Lake City.

Conference Volunteer

- The 3rd, 4th, and 5th ICSPAH Symposium, Minneapolis, MN, 2016; Nashville, TN, 2018; Tampa, FL, 2019.