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Health Sciences Department
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EDUCATION

- Ph.D., Exercise and Sport Science (Sport and Exercise Psychology concentration with a minor in Quantitative Research Methods in Human Development and Family Science), Oregon State University, OR, U.S.A., 2012.
- M.P.H., Health Promotion and Health Behavior Track, Oregon State University, OR, U.S.A., 2011.
- M.Ed., Developmental Kinesiology, Bowling Green State University, OH, U.S.A., 2008.
- B.S., Psychology, Beijing Normal University, Beijing, China, 2006.

DOCTORAL DISSERTATION

“Physical Activity Among Chinese International College Students in American Higher Education: From Quantitative and Qualitative Perspectives”

MASTER’S THESIS

“Psychological Factors Related to Exercise: A Comparative Study between American and Chinese College Students”

AWARDS & RECOGNITIONS

- Society of Health And Physical Educators, SHAPE America, Research Fellow, 2017
- American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) Research Consortium 2011 Graduate Student Award Finalist.
- The Oregon Alliance for Health, Physical Education, Recreation and Dance (OAHPERD) 2010 The Graduate Student Scholarship.
- The Center for Healthy Aging Research (CHAR) Funding on Summer Institute on Research Methodology, CHAR at OSU, 2010.
- Kathleen F. and Edward H. Heath Fellowship, College of Health and Human Sciences, OSU, 2010-2011.
- Betty E. Hawthorne Fellowship (outstanding scholarly competence), College of Health and Human Sciences, OSU, 2009-2010.
- Mary Ann Robertson Master’s Thesis Award, School of Human Movement, Sport, and Leisure Studies, Bowling Green State University, 2008.

TEACHING EXPERIENCE

Assistant Professor, Merrimack College, North Andover, MA, 2012 Fall-Present

- HSC3302 Introduction to Public Health
- HSC3103 Global Public Health

- HSC3310 Health Behavior and Promotion
- HSC3311 Applied Health Behavior
- HSC3312 Introduction to Epidemiology
- HSC5302 Research Methodology
- HSC6800&6900 Capstone and Internship

Graduate Teaching Assistant, Oregon State University, Corvallis, OR, 2008-2012.

- Instructor. EXSS312 Sociocultural Dimension of Physical Activity. 2011-2012.
- Instructor. Physical Activity Classes of Badminton 2008-2012.
- Instructor. Physical Activity Classes of Fitness Walking, 2008-2011.
- Instructor. Online HHS241, Lifetime Fitness for Health Lab, 2009-2011.
- Instructor. HHS241, Lifetime Fitness for Health Lab, 2008-2010.
- Teaching Assistant. HHS 231, Lifetime Fitness for Health, 2008-2011.

Graduate Teaching Assistant, Bowling Green State University, Bowling Green, OH, 2006-2008.

- Instructor of Physical Activity Classes of Fitness Walking, 2007-2008.
- Teaching Assistant of Exercise Physiology, 2008.

FUNDING (Received)

- **Yan Z.** (\$2,000). Weight comments among college students: A cross-culture study. Acculturation and Lifestyle Changes among International Students: Challenges and Opportunities. Faculty Development Grant (2018-2019).
- **Yan, Z.** (\$29,990). Promote fitness among high school students with intellectual disabilities. Funded by CLASS, Inc. (2018-2019).
- **Yan, Z.** (\$3,500). Acculturation and Lifestyle Changes among International Students: Challenges and Opportunities. Faculty Development Grant. 2017-2018.
- **Yan, Z.** (\$44,990). Promote fitness among high school students with intellectual disabilities. Funded by CLASS, Inc. (2017-2018).
- **Yan, Z.** (\$30,366). Promote fitness among high school students with intellectual disabilities. Funded by CLASS, Inc. (2016-2017).
- **Yan, Z.** (\$18,934). Using a peer education model to promote fitness and well-beings among high school students with intellectual disabilities. A joint project with CLASS, Inc. Funded by New Balance (2015-2016)
- **McInnis, K., Finn, K., & Yan, Z.** (Co-PI, Program Evaluation & Data Specialist). (\$1,050,000). Scaling the Active Science initiative to improve physical activity and science competency for school-age children. Awarded. Robert Wood Johnson Foundation (2015-2018). Proposal ID: 37500.
- **Yan, Z.** Faculty Travel Award (\$1,000), Merrimack College, 2014-2015.
- **Yan, Z.** (\$8,970). Using a peer education model to promote fitness and well-beings among high school students with intellectual disabilities. A joint project with CLASS, Inc. Funded by New Balance (2014-2015).
- **Yan, Z.** (PI), Finn, K., & Corcoran, M. (\$5,000). Promoting fitness and well being among adults with intellectual disabilities: A community-based intervention. The Society

of Health and Physical Educators (SHAPE America), Early Career Investigator Grant (2014-2015).

- **Yan, Z.** (PI), Corcoran, M., Finn, K. (\$10,000). Use peer education to promote physical activity and wellness among individuals with disabilities. Murray Fund. Merrimack College, 2014-2015.
- McInnis, K., Finn, K., & **Yan, Z.** (Co-PI, Program Evaluation & Data Specialist). (\$500,000) *Active Science™ Physical Activity and Academic Achievement Innovation* Awarded. Robert Wood Johnson Foundation (2013-2015).
- **Yan, Z.** (PI). Provost Faculty Initiative Fund (\$5,000), Merrimack College, First Year Experience: Does it facilitate academic performance and acculturation among first year international students. 2013-2014.
- **Yan, Z.** Faculty Travel Award (\$1,000), Merrimack College, 2013-2014. American Public Health Association annual conference in Boston, MA (Oral Presentation)
- **Yan, Z.** (PI). Faculty Develop Grant (\$3,500), Merrimack College, 2013. "Evaluate and Develop Health Education Curriculums: Comparison Between the U.S. and China
- **Yan, Z.** (PI), Finn, K., & Bent, L. Provost Faculty Initiative Fund (\$5,000), Merrimack College, Promoting wellness and cultural competences: A peer education program. 2012-2013.
- **Yan, Z.** Faculty Travel Award (\$1,000), Merrimack College, 2012-2013. American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) Annual Conference, Charlotte, NC (Poster Presentation).
- **Yan, Z.** Thayer Raymond Research Fund (\$2,500), College of Health and Human Sciences, OSU, 2011-2012.
- **Yan, Z.** Graduate Students Travel Award (\$500), Graduate School, OSU, 2011.
- **Yan, Z.** & McInnis, K (2019). (\$20,000). Merrimack Zampell Family Fellowship (Submitted). Planning the School of Health Sciences Global Study Program.

PUBLICATIONS

Book

- T. Gilmour Reeve, Lanie A. Dornier, Yu, T., **Yan, Z.**, & Liang, G. *Introduction to Physical Education, Exercise Science, and Recreation*, China Higher Education Press, ISBN:978-7-5041-9156-4.

Book Chapter

- **Yan, Z.** (Publishing). Acculturation and Well-being among International Students: Challenges and Opportunities. In Uttam, Shyam, & Krishna (Eds). *Rethinking Education Across Border*. Springer, New York.
- Simons, O, Yin, Mccullagh, Yan, & **Yan**. Sport and Exercise Psychology. In T. Gilmour Reeve, Lanie A. Dornier, Yu, T., Yan, Z., & Liang, G (Eds.) *Introduction to Physical Education, Exercise Science, and Recreation*. (pp158-185). Beijing: China Higher Education Press, ISBN:978-7-5041-9156-4.

Peer-Reviewed Journal Articles – In Press or Published

- **Yan, Z.**, Li, Y., Zheng, Z., & Lu, R. (Accepted). Featured Article. Exploring the risk factors for depressive symptoms among Chinese rural elders. *Journal of Psychosocial Nursing and Mental Health Services*.
- **Yan, Z.** & Harrington, A. (Accepted). Exploring Factors that Predict Weight Gain in College Freshmen. *Health Education Journal*.
- **Yan, Z.**, Finn, K., & Breton, K. (Accepted). Does it promote physical activity? College students' perceptions on Pokémon Go. *The Montenegrin Journal of Sports Science and Medicine (MJSSM)*.
- Zhang, G., Chen, X., Xiao, L., Li, Y., Lin B., **Yan, Z.**, Guo, L., & Rost, D. (2019). The relationship between Big Five and self-control in boxers: a mediating model. *Frontier Psychology, 10*, 1690. doi: 10.3389/fpsyg.2019.01690
- **Yan, Z.**, & Cardinal, B. (2019). Association of Asian/Asian-American Immigrants' Physical Activity Behavior and Length of Residence in the U.S. *Journal of Behavioral Health, 8*, 2, 66-70. 10.5455/jbh.20190301063103
- Cannon, A., Finn, K., & **Yan, Z.** (2018). Comparison of Hip Internal and External Rotation between Intercollegiate Distance Runners and Non-Running College Students, *International Journal of Sports Physical Therapy, 13*, 6, 956-962.
- Finn, K., **Yan, Z.**, McInnis, K. (2018). Promoting Physical Activity and Science Learning in an Outdoor Education Program. *Journal of Physical Education, Recreation, and Dance, 89*(1), 35-39.
- Finn, K., FitzPatrick K., & **Yan, Z.** (2017). Integrating lecture and laboratory in health sciences courses improves student satisfaction and performance. *Journal of College Science Teaching, 47*(1):66-75.
- **Yan, Z.**, Althobaiti, H., FitzPatrick, K. (2017). Smoking behavior in Saudi Arabian male college students in the U.S.: A qualitative approach. *Journal of Behavioral Health, 6*(2), 83-88.
- Finn, K., **Yan, Z.**, Martin., E., & McInnis, K. (2017). Active Science Pilot Study: A Multi-Site, Controlled Trial to Promote Physical Activity and Science Learning among Children. *Journal of Behavioral Health, 6*(1), 47-51.
- **Yan, Z.** & FitzPatrick, K. (2016). Acculturation and health behaviors among international students: A qualitative approach. *Nursing and Health Sciences, 18*(1), 58-63. DOI: 10.1111/nhs.12232
- **Yan, Z.** & FitzPatrick, K. (2016). Peer Education: Promoting Cultural Competence, Health Behaviors, and Professional Practice in An Undergraduate Health Promotion Course. *Journal of Physical Education, Recreation & Dance, 87*, 2, 27-32.
- **Yan, Z.** & Sendall, P. (2016). First Year Experience: How We Can Better Assist First-Year International Students in Higher Education. *Journal of International Students, 6*(1), 35-51.
- Benes, S., Finn, K., Sullivan, E. C., & **Yan, Z.** (2016). Teachers' perceptions of utilizing movement in the classroom. *The Physical Educator, 73*, 110-135.
- Bavarian, N., Lewis, K. M., Acock, A., DuBois, D. L., **Yan, Z.**, Vuchinich, S., Silverthorn, & N., Day, J. (2016). Effects of a school-based social-emotional and character development program on health behaviors: A matched-pair, cluster-randomized controlled trial. *Journal of Primary Prevention, 1*, 1-19, DOI 10.1007/s10935-016-0417-8.

- **Yan, Z.**, Finn, K., & Corcoran, M. (2015). Using peer education to promote balance, fitness, and physical activity among individuals with intellectual disabilities. *American Journal of Health Studies*, 30, 4, 180-186.
- Finn, K., **Yan, Z.**, McInnis, K. (2015). Active Science™: Integrating Physical Activity and Science Learning into the Afterschool Environment. *American Journal of Health Education*, 46, 323-328.
- **Yan, Z.**, Berger, B. G., Tobar, D. A., & Cardinal, B. J. (2015). Comparison of American and Chinese college students' reasons for exercise, exercise enjoyment and self-efficacy. *International Journal of Applied Sports Sciences*, 27, 43-50.
- **Yan, Z.**, Cardinal, B. J., & Acock, A. C. (2015). Understanding Chinese international college and university students' physical activity behavior. *Journal of Sport and Health Science*, 4, 203-210. doi: 10.1016/j.jshs.2013.07.002.
<http://www.sciencedirect.com/science/article/pii/S2095254613000707#>
- **Yan, Z.**, Berger, B. G., Tobar, D. A., & Cardinal, B. J. (2014). Reasons for exercise behavior among American and Chinese college women. *Women in Sport and Physical Activity Journal*, 22(1), 18-23. doi: <http://dx.doi.org/10.1123/wspaj.2014-0005>
- **Yan, Z.**, Finn, K., Cardinal, B. J., & Bent, L. (2014). Promoting health behaviors using peer education: A demonstration project between international and American college students. *American Journal of Health Education*, 45, 288-296. doi: 10.1080/19325037.2014.932727.
- **Yan, Z.** & Cardinal, B. J. (2013). Increasing Asian international students' physical activity behavior: A review of the Youth Physical Activity Promotion Model. *Health Educator*, 45, 1, 35-45.
- **Yan, Z.** & Cardinal, B. J. (2013). Perception of physical activity participation of Chinese female graduate students? A case study. *Research Quarterly for Exercise and Sport*, 84, 384-396. doi: 10.1080/02701367.2013.813895
- Cardinal, B. J., **Yan, Z.**, Cardinal, M. K. (2013). Negative experiences in physical education and sport: How much do they affect later life physical activity participation? *Journal of Physical Education, Recreation & Dance*, 84(3), 49-53.
- **Yan, Z.** & Cardinal, B. J. (2013). Promoting physical activity participation among international students in American colleges and universities: A peer education approach. *Journal of Physical Education, Recreation & Dance*, 84(1), 35-40.
- **Yan, Z.**, Cardinal, B. J., Guzman, R. J., & Maddalozzo, G. F. (2012). Effects of Whole-Body-Vibration compared to a community-based exercise program for improving older adults' balance and mood. *Health Science Journal*, 6, 151-160.
- Liang, G., Housner, L., Walls, R., & **Yan, Z.** (2012). Failure and revival: physical education and youth sport in China. *The Asia Pacific Journal of Sport and Social Science*, 1, 48-59.
- Si, Q., Yu, K., Cardinal, B. J., Lee, H., **Yan, Z.**, Loprinzi, P. D., Li, F., & Liu, H. (2011). Promoting exercise behavior among Chinese youth with hearing loss: A randomized control trial based on the transtheoretical model. *Psychological Reports*, 109, 896-906.
- Li, X. & **Yan, Z.** (2010). Application of ecological model in exercise psychology. *Journal of Xi'an Institute of Physical Education*, 27, 765-768.
- Li, X. & **Yan, Z.** (2009). Health related quality of life in Chinese population: Stages of change, exercise enjoyment, and self-efficacy. *Sport Science Research*, 30, 63-66.

- **Yan, Z.** & Hou, Z. (2006). Career transition of athletes. *The 8th National Sport Psychology Conference, Supplement*, 1380-1389.
- Sun, P., **Yan, Z.**, & Zhao, B. (2006). Study on the relationship between physical exercise and learning anxiety of junior students. *Journal of Shenyang Physical Education Institute*, 25(1), 42-44.

Peer-Reviewed Journal Articles – In review

- Li, Y., Lu, R., Zheng, Z., & **Yan, Z.** (In Review). Exploring Factors Associated with Diabetic Self-Management Compliance among Rural Elders in Fujian China. *Asian Nursing Research*.

Peer-Reviewed Research Abstracts

- **Yan, Z.**, & Cardinal, B. J. (2019). Association of Asian/Asian-American immigrants' physical activity behavior and time spent living in the U.S. [Abstract No. 2592]. *Medicine and Science in Sports and Exercise*, 51(Suppl. 6), 722.
- **Yan, Z.**, Finn, K. & Breton, K., (March, 2018). Are Pokémon GO users more sedentary than non-users? A follow up study. *Research Quarterly for Exercise and Sport*. 89(Suppl. 2), A91-92.
- **Yan, Z.**, Ruoyan Lu, Yueping Li, Zhenquan Zheng, & Alexandra Harrington. (2018). Explore Factors Associated with Exercise Behavior among the Older Chinese Adults in the Rural Area. *Medicine & Science in Sports & Exercise*, 50(5S):311, DOI: 10.1249/01.mss.0000536105.27928.b0
- **Yan, Z.**, Breton, K., Finn, K., & Millerick, R. (2017). Is playing Pokémon Go associated with increased walking behavior? *Medicine and Science in Sports and Exercise*, 49(Suppl. 5), 562
- McVann, R., Dell'Aquila, M., Burke, M., **Yan, Z.**, Finn, K., & McInnis, K. (2017). moderate-to-vigorous physical activity among children: comparison between an afterschool program and schooldays. *Medicine and Science in Sports and Exercise*, 49(Suppl. 5), 201.
- Dell'Aquila, M., McVann, R., **Yan, Z.**, Finn, K., & McInnis, K. (2017) Geographic variances in achieved moderate-to-vigorous physical activity within a structured afterschool program. *Medicine and Science in Sports and Exercise*, 49(Suppl. 5), 883.
- **Yan, Z.**, Finn, K., Austin, D., & McInnis, K. (March, 2017). The Effect of Active Science on muscular endurance, agility, and body fat among children. *Research Quarterly for Exercise and Sport*. 88(Suppl. 2), A111.
- Benes, S., Finn, K., **Yan, Z.** (March, 2017). Effects of a Pre-Service Movement Education Course. *Research Quarterly for Exercise and Sport*. 88(Suppl. 2), A91
- **Yan, Z.**, Corcoran, M., & Finn, K. (2016). Promoting fitness and balance among individuals with intellectual disabilities. *Research Quarterly for Exercise and Sport*. 87(Suppl. 2), A55-A56.
- Finn, K., **Yan, Z.**, Martin, E., McInnis, K. (2016). Active Science Pilot Study: A Multi-Site, Controlled Trial to Assess Program Feasibility and Effectiveness. *Medicine and Science in Sports and Exercise*, 48(Suppl. 5), 957-958.

- **Yan, Z.**, Finn, K., Corcoran, M., Brice, S. (2016). Promoting physical activity and healthy snack choices among individuals with intellectual disabilities. *Medicine and Science in Sports and Exercise*, 48(Suppl. 5),138.
- **Yan, Z.**, Finn, K., Cardinal, B., & Bent, L (2015). Do Peer Mentors Benefit from a Peer Health Promotion Program? *Research Quarterly for Exercise and Sport*. 86(Suppl. 2), A91.
- **Yan, Z.**, Finn, K., Corcoran, M., & Beck, L. (2015). Using peer education to promote physical activity, fitness, and balance among individuals with intellectual disabilities. *Medicine and Science in Sports and Exercise*, 47(Suppl. 5), 388-404.
- Finn, K., **Yan, Z.**, & McInnis, K. (2015). Promoting Physical Activity and Science Learning in an Outdoor Education Program. *Medicine and Science in Sports and Exercise*, 47 (Suppl. 5),388-404.
- **Yan, Z.**, Finn, K., Cardinal, B. J., & Bent, L. (2014). Evaluation of a 6-week peer education program to promote healthy living among international students [Abstract No. 1833]. *Medicine and Science in Sports and Exercise*, 46(Suppl. 5), S381.
- Finn, K., **Yan, Z.**, & McInnis, K. (2014). Integration of physical activity into experiential STEM lessons to improve energy balance and academic performance. Abstract No. 863]. *Medicine and Science in Sports and Exercise*, 46(Suppl. 5), S182.
- **Yan, Z.** & Cardinal, B. J. (2013). Facilitators and barriers to physical activity participation among Chinese women (Abstract). *Research Quarterly for Exercise and Sport*. 84(Suppl. 1), A85.
- **Yan, Z.**, Cardinal, B. J., & Acock, A. C. (2013). Identifying theoretical predictors of Chinese international students' physical activity behavior (Abstract). *Research Quarterly for Exercise and Sport*, 84(Suppl. 1), A77.
- **Yan, Z.**, Ketcham, P. L., & Cardinal, B. J. (2012). Campus and community safety and physical activity participation among college students (Abstract). *Medicine and Science in Sports and Exercise*, 44(Suppl. 5), S426.
- **Yan, Z.**, Cardinal, B. J., Guzman, R., Stock, A., & Maddalozzo, G. F. (2011). Effects of Whole-Body-Vibration on older adults' health-related quality of life (Abstract). *Research Quarterly for Exercise and Sport*, 82(Suppl. 1), A22.
- **Yan, Z.**, Cardinal, B. J., Guzman, R., Stock, A., & Maddalozzo, G. F. (2011). Community exercise versus vibration on older adult's balance and mood (Abstract). *Research Quarterly for Exercise and Sport*, 82(Suppl. 1), A32.
- **Yan.**, Sun, P. (2010). Developing exercise motivation scale for Chinese women. The 9th Chinese Sport and Exercise Psychology annual conference.
- **Yan, Z.**, Berger, B., Tobar, D., & Xie, P. (2009). Do reasons for exercise influence enjoyment and self-efficacy? A cross-cultural study of Chinese and American students (Abstract), *Journal of Applied Sport Psychology, Conference Proceedings*, p. 45.
- **Yan, Z.**, Berger, B., Tobar, D., & Xie, P. (2009). Reasons for exercise and stages of change: A comparative study between American and Chinese students (Abstract), *Medicine and Science in Sports and Exercise, Supplement*, 41(Suppl. 5), S133.

PRESENTATIONS

- **Yan, Z.** & Cardinal, B. (2019). Association of Asian/Asian-American Immigrants' Physical Activity Behavior and Time Spent Living in the U.S. American College of Sport Medicine (ACSM) 2018 annual conference. Orlando, Florida.

- **Yan, Z.** & Harrington, A. (2019). Exploring Factors that Predict Weight Gain in College Freshmen. International Society of Behavioral Nutrition and Physical Activity, ISBNPA annual conference. Prague.
- **Yan, Z.**, Ruoyan Lu, Yueping Li, Zhenquan Zheng, & Alexandra Harrington. (2018). Explore Factors Associated with Exercise Behavior among the Older Chinese Adults in the Rural Area. American College of Sport Medicine (ACSM) 2018 annual conference.
- **Yan, Z.**, Finn, K. & Breton, K., (March, 2018). Are Pokémon GO users more sedentary than non-users? A follow up study. Society of Health and Physical Educators America (SHAPE) 2018 Annual Meeting.
- **Yan, Z.**, Breton, K., Finn, K., & Millerick, R. (June, 2017). Is playing Pokémon Go associated with increased walking behavior? American College of Sport Medicine (ACSM) 2017 annual conference.
- McVann, R., Dell'Aquila, M., Burke, M., **Yan, Z.**, Finn, K., & McInnis, K. (June, 2017). moderate-to-vigorous physical activity among children: comparison between an afterschool program and schooldays. American College of Sport Medicine (ACSM) 2017 annual conference.
- Dell'Aquila, M., McVann, R., **Yan, Z.**, Finn, K., & McInnis, K. (June, 2017) Geographic variances in achieved moderate-to-vigorous physical activity within a structured afterschool program, American College of Sport Medicine (ACSM) 2017 annual conference.
- **Yan, Z.**, Finn, K., Austin, D., & McInnis, K. (March, 2017). The Effect of Active Science on muscular endurance, agility, and body fat among children. Society of Health and Physical Educators America (SHAPE) 2017 Annual Meeting, Boston, MA.
- Benes, S., Finn, K., **Yan, Z.** (March, 2017). Effects of a Pre-Service Movement Education Course. Society of Health and Physical Educators America (SHAPE) 2017 Annual Meeting, Boston, MA.
- McVann, R., **Yan., Z.**, Finn, K., McInnis, K. (Oct, 2016). Races role in obtaining moderate-to-vigorous physical activity in an afterschool physical activity program. 2016 ACSM New England Regional Conference, Providence, Rhode Island.
- Burke, M., Finn, K., **Yan, Z.**, McInnis, K. (Oct, 2016). Gender based comparison of children physical activity during an afterschool intervention. 2016 ACSM New England Regional Conference, Providence, Rhode Island.
- **Yan, Z.**, Finn, K., Corcoran, M., & Brice, S. (2016, June). Promoting physical activity and healthy snack choices among individuals with intellectual disabilities. American College of Sport Medicine (ACSM) 2016 annual conference. Boston, MA.
- Finn, K., **Yan, Z.**, Martin, E., & McInnis, K. (2016, June). Active Science Pilot Study: A Multi-Site, Controlled Trial to Assess Program Feasibility and Effectiveness. American College of Sport Medicine (ACSM) 2016 annual conference. Boston, MA.
- **Yan, Z.**, Finn, K., & Corcoran, M. (2016, Apr). Promoting fitness and balance among individuals with intellectual disabilities. Society of Health and Physical Educators America (SHAPE) 2016 Annual Meeting. Minneapolis, MN.
- Canon, A., Finn., K., **Yan, Z.**, Medeiros, A. (2015, Oct). Comparison of Hip Internal and External Rotation between Intercollegiate Distance division II Runners and Non Running College Students. 2015 ACSM New England Regional Conference, Providence, Rhode Island.

- Martin, E., Finn, K., **Yan, Z.**, McInnis, K. FACSM. (2015, Oct). Implementation of Active Science to support achievement of physical activity guidelines in afterschool programs. 2015 ACSM New England Regional Conference, Providence, Rhode Island.
- **Yan, Z.**, Finn, K., Corcoran, M., & Beck, L. (2015, May). Using peer education to promote physical activity, fitness, and balance among individuals with intellectual disabilities. American College of Sport Medicine (ACSM) 2015 annual conference, San Diego, California.
- Finn, K., **Yan, Z.**, & McInnis, K. (2015, May). Promoting Physical Activity and Science Learning in an Outdoor Education Program. American College of Sport Medicine (ACSM) 2015 annual conference, San Diego, California.
- **Yan, Z.**, Finn, K., Cardinal, B., & Bent, L (2015, Mar). Do Peer Mentors Benefit from a Peer Health Promotion Program? Society of Health and Physical Educators America (SHAPE) 2015 Annual Meeting, Seattle, WA.
- Finn, K., **Yan, Z.**, & McInnis, K. (2015, Feb). A Review of Active Science: Integration of Physical Activity into STEM Lessons in the Afterschool Environment. National Physical Activity Plan Congress 2015 Meeting, Washington D.C.
- McInnis, K., Ives, S., Keller, J., & **Yan, Z.** (2015, Feb). Active Science Progress Report. What we have learned, and where we are heading. Robert Wood Johnson Foundation Center, Princeton, NJ.
- **Yan, Z.** & Sendall, P. (2014, May). First Year Experience for International Students: Establishing Best Practices. Association of International Educators (NAFSA) 2014 annual conference. San Diego, California.
- **Yan, Z.**, Finn, K., Bent, L., Cardinal, B. J. (2014, May). Evaluation of a 6-week peer education program to promote healthy living among international students. American College of Sport Medicine (ACSM) 2014 annual conference, Orlando, Florida.
- Finn, K., **Yan, Z.**, & McInnis, K. (2014, May). Integration of Physical Activity into Experiential STEM Lessons to Improve Energy Balance and Academic Performance Among Low-Income Children. American College of Sport Medicine (ACSM) 2014 annual conference, Orlando, Florida.
- **Yan, Z.**, Cardinal, B., & Finn, K. (2013, Nov). A framework for promoting cultural competency among future health professionals (Oral presentation). 141st American Public Health Association (APHA) Annual Meeting, Boston, MA.
- **Yan, Z.**, Finn, K., & McInnis, K. (2013, Nov). Promoting science performance during physical activity among Hispanic children: A pilot study (Poster). 141st American Public Health Association (APHA) Annual Meeting, Boston, MA.
- Berger, B., **Yan, Z.**, & Tobar, D (2013, Jul). Reasons for exercise and relationship to enjoyment and self-efficacy: A cross-cultural study (Oral presentation). The ISSP 13th World Congress of Sport Psychology, Beijing, China.
- **Yan, Z.** (2013, Jun). Breakfast and lunch in American elementary schools: What can we learn? First International Elementary School Conference, Beijing, China.
- **Yan, Z.** & Cardinal, B. J. (2013, Apr). Facilitators and barriers to physical activity participation among Chinese women (oral presentation). 2013 Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention and Exposition, Charlotte, North Carolina.
- **Yan, Z.**, Cardinal, B. J., & Acock, A. C. (2013, Apr). Identifying theoretical predictors of Chinese international students' physical activity behavior (poster) 2013 Alliance for

Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention and Exposition, Charlotte, North Carolina.

- **Yan, Z.,** Ketcham, P., & Cardinal, B. J. (2012, May). Perception of campus and community safety and physical activity participation among college students (poster). American College of Sport Medicine (ACSM) annual meeting, San Francisco, California.
- **Yan, Z.,** Ketcham, P., & Cardinal, B. (2011, Oct). Perception of body weight and physical activity among college students (poster). Poster presented at 2011 Oregon Alliance for Health, Physical Education, Recreation, and Dance (OAHPERD) Conference. Salem, OR.
- **Yan, Z.,** Ketcham, P., & Cardinal, B. (2011, Oct). Does being physically active predict perceptions of better health and academic performance (poster). Poster presented at 2011 Oregon Alliance for Health, Physical Education, Recreation, and Dance (OAHPERD) Conference. Salem, OR.
- **Yan, Z.,** & Ketcham, P. (2011, Oct). Risk of alcohol-related unprotected sex among college students in different binge drinking categories (oral presentation). Paper presented at 67th Annual Oregon Public Health Association (OPHA) Conference. Corvallis, Oregon.
- **Yan, Z.,** & Ketcham, P. (2011, Oct). Alcohol consumption influences sleep and academic performance among college students (oral presentation). Paper presented at 67th Annual Oregon Public Health Association (OPHA) Conference. Corvallis, Oregon.
- **Yan, Z.,** Ketcham, P., & Dunker, K. (2011, Oct). Drinking behavior, consequences, and preventive practice among college Greek members (poster). Poster presented at 67th Annual Oregon Public Health Association (OPHA) Conference. Corvallis, Oregon.
- **Yan, Z.,** Cardinal, B. J., Guzman, R. J., Stock, A. A., & Maddalozzo, G. F. (2011, Mar) Community exercise vs. vibration on older adults' balance and mood (poster). 2011 AAHPERD National Convention and Exposition, San Diego, CA.
- **Yan, Z.,** Cardinal, B. J., Guzman, R. J., Stock, A. A., & Maddalozzo, G. F. (2011, Mar). Effects of Whole-Body-Vibration on older adults' Health-Related Quality of Life (poster). Poster presented at 2011 AAHPERD National Convention and Exposition, San Diego, CA.
- **Yan, Z.,** & Sun, P. (2010, Sep). Chinese female version of reasons for exercise Inventory (oral presentation). Paper presented at the 9th Chinese Sport and Exercise Psychology Conference, Shanghai, China.
- **Yan, Z.,** Berger, B., Tobar, D., & Xie, P. (2009, Sep). Do reasons for exercise influence enjoyment and self-efficacy? A cross-cultural study of Chinese and American students (oral presentation). Annual meeting of the Association for Applied Sport Psychology, Salt Lake City, UT.
- **Yan, Z.,** Berger, B., Tobar, D., & Xie, P. (2009, May). Reasons for exercise and stages of change: A comparative study between American and Chinese students (oral presentation). Annual meeting of the American College of Sport Medicine, Seattle, WA.

OTHER INVITED PRESENTATION

- Yan., (2019, June). Guest speaker at Capital Sports College, Beijing, China.
- **Yan, Z.** (2016, Mar). Guest Speaker at teaching circle on International Students, School of Education, Merrimack College.

- **Yan, Z.** (2014, Sep). Supporting your Chinese International Student: A Journey towards Success. Invited presentation by Writing Center, Merrimack College.
- **Yan, Z.** (2013, Apr). Invited Guest Speaker Presentation “Century of China: Future of World Politics” -- Model United Nation panel, Merrimack College.
- **Yan, Z.** (2013, Jan). Guest Speaker Presentation: Transitioning to the professoriate. Sport and Exercise Psychology Lab, Winter 2013 Seminar Series, Oregon State University, Corvallis, Oregon.
- **Yan, Z.** (2011, Sep). Guest Speaker Presentation: Help international students become more successful. College of Business, Oregon State University, Corvallis, Oregon.

EDITORIAL BOARD MEMBER

- American Journal of Health Promotion 2014-

JOURNAL REVIEWER

- Journal of Nursing and Health Sciences, 2019
- Journal of International Students 2015-
- Journal of Exercise Science & Fitness, 2014-
- Pediatric Exercise Science; 2014-
- American Journal of Health Promotion 2013-
- International Journal of Sport and Exercise Psychology, 2013-2016
- Journal of Physical Education, Recreation, and Dance, 2013-2016
- Journal of Research Quarterly for Exercise and Sport, 2013-2015

PROFESSIONAL EXPERIENCE

- The International Chinese Society for Physical Activities and Health (ICSPAH) conference abstract reviewer, 2017
- American College of Sports Medicine Annual Meeting abstract reviewer, 2016, 2017
- SHAPE annual conference abstract reviewer, 2015, 2016, 2017, 2019
- Copyeditor of *International Journal of Sport and Exercise Psychology (IJSEP)*, Chinese Section. 2009-2011.
- Intern at Health Promotion Service at OSU, spring 2011.
- Working for *International Journal of Sport and Exercise Psychology (IJSEP)* to translate book reviews for the Chinese edition, 2006-2008.
- Sport psychology mentor for a football player at BGSU, 2007-2008.

SERVICES

- Graduate Curriculum Committee, 2018-2019
- Interdisciplinary institute advisory board, Merrimack College, 2018-current
- Graduate Council 2017-Current
- Faculty speaker at the international graduate student orientation, Merrimack College, Fall 2016.
- Assessment Committee, Merrimack College, 2015-2016

- Faculty speaker at the international graduate student orientation, Merrimack College, Fall 2015.
- Faculty speaker at the international undergraduate student orientation, Merrimack College, Fall 2015.
- Fulbright Interview Committee, Merrimack College, Fall 2014
- Study Abroad Committee, Merrimack College, Fall 2014--
- First Year Experience Instructor, Merrimack College, Fall 2013
- ACE Internationalization Committee at Merrimack College, 2012 Summer-2014 Summer
- Open house presentation. Current research projects led by health sciences faculty. Feb 2015.

STUDENTS PROJECTS

- Kevin Cecio (2018-2019). Evaluate a fitness promotion plus health education program for young adults with intellectual disabilities. Winner of School of Health Sciences, Exercise Science Major Student Award, 2019.
- Alexandra Harrington (Graduate Capstone), Explore factors predict weight change among freshmen, 2017-2018.
- Victory Barry (directed study), The effectiveness of OT/PT on older individuals wellbeing. 2017 Spring
- Kayla Breton (Graduate Capstone), Environmental scan of implementation a physical activity program for teenagers and young adults with intellectual disability. 2016-2017
- Elliot Silvia (Graduate Capstone), Parents' Attitudes on physical activity and the physical activity of their child with intellectual disability. 2015-2016
- Ryan McVann (directed study), Compare physical activity from Active Science to daily physical activity. 2015 Fall
- Carl Brescia (directed study), Evaluating fitness promotion among high school students with mental disabilities. 2015 Spring
- Hend Althobaiti (directed study), Examining smoking behavior among Saudi Arabic students in American higher education. 2015 Spring
- Jennie Votta (directed study) Health behavior and promotion. 2014 Spring
- Katelynn Doiron (directed study) Health behavior and promotion. 2014 Spring
- Sabina Shakya, Guidebook for creating public health initiatives. 2013Fall