Ryan D. Burns, Ph.D., R.F.S.A.

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I. EDUCATION

University of Utah, Salt Lake City, UT.
Doctor of Philosophy (Ph.D.)
Major: Exercise and Sport Science
Cognate: Biostatistics
Dissertation: Development and cross-validation of aerobic capacity prediction models in adolescents.
December 2014

University of Utah, Salt Lake City, UT.
Post-Doctoral Research Fellow
Concentration: Public Health
June 2017

University of Texas Arlington, Arlington, TX.
Master of Science (M.S.)
Major: Exercise Physiology
Project: VO2 kinetics during sub-maximal cycling in type I diabetic patients.
May 2008

University of Pittsburgh, Pittsburgh, PA.
Bachelor of Science (B.S.)
Major: Neuroscience
Minor: Chemistry
August 2005

II. PROFESSIONAL EXPERIENCE

11.) **University of Utah, Department of Health and Kinesiology**
Salt Lake City, UT.
July 2018 - present
Assistant Professor, Tenure-Track

10.) **University of Utah, Department of Health, Kinesiology, and Recreation,**
Salt Lake City, UT.
August 2017 – June 2018

Associate Instructor

9.) **University of Utah, College of Health, Salt Lake City, UT.**
December 2014 – August 2017
Post-Doctoral Research Fellow

8.) **University of Utah, Department of Exercise and Sport Science, Salt Lake City, UT.**
August 2013 – December 2014
Graduate Research Fellow

7.) **University of Utah, Department of Exercise and Sport Science, Salt Lake City, UT.**
August 2012 – August 2013
Graduate Teaching/Research Assistant

6.) **University of Utah, Department of Family and Consumer Studies**, **Salt Lake City, UT.**
June 2012 – August 2012
Research Assistant

5.) **University of Utah, Department of Exercise and Sport Science, Salt Lake City, UT.**
August 2011 – June 2012
Physical Education Specialist

4.) **University of Utah, Department of Exercise and Sport Science, Salt Lake City, UT.**
August 2010 – June 2011
Graduate Research Assistant

3.) **Hill AFB Health and Wellness Center, Hill Air Force Base, UT.**
October 2008 - October 2009
Exercise Physiologist

2.) **University of Texas Arlington, Department of Kinesiology, Arlington, TX.**
August 2006 – May 2008
Graduate Teaching Assistant

1.) **University of Pittsburgh Medical Center, Pittsburgh, PA.**
September 2005 – February 2006
Systems Analyst Intern

III. HIGHER EDUCATION TEACHING

Courses at University of Utah

KINES 7120 Physical Activity Interventions (Graduate Lecture)
KINES 7104 Design and Analysis II (Graduate Lecture/Lab)
KINES 7103 Design and Analysis I (Graduate Lecture/Lab)
KINES 7102 Introduction to Research Methods (Graduate Lecture)
KINES 4465 Exercise Programming (Undergraduate Lecture)
KINES 3551 Applied Movement Development Across the Lifespan (Undergraduate Lecture)

Courses at University of Texas Arlington

KINE 3315 Physiology of Exercise (Undergraduate Lab)
KINE 1400 Introduction to Exercise Science (Undergraduate Lab)

Doctoral Dissertation Committees (all from U. of Utah)

20.) Kelsey Maslana, PhD Candidate – Anticipated Graduation is Spring 2025
19.) Mitch Wyatt, PhD Candidate – Anticipated Graduation is Spring 2025
18.) Anke Van Roy, PhD Candidate – Anticipated Graduation is Spring 2024
17.) Selene Tobin, PhD – Graduated
16.) Kary Woodruff, PhD - Graduated
15.) Taylor Colotti, PhD Candidate – Withdrawn
14.) Christopher Pfledderer, PhD – Graduated
13.) Sunku Kwon, PhD – Graduated
12.) Daniel P.H. Cortez, PhD Candidate - Withdrawn
11.) Ildiko Strehli, PhD - Graduated
10.) Brock McMullen, PhD - Graduated
9.) Nica Clark, PhD - Graduated
8.) Katherine Pagano, PhD - Graduated
7.) Ben Chase, PhD - Graduated
6.) Mandy Kirkham King, PhD - Graduated
5.) Jaime Deaton, PhD Candidate -Withdrawn
4.) Angela Heinamann, PhD - Graduated
3.) Lindsey Greviskes, PhD - Graduated
2.) Tara Marchinek, PhD - Graduated
1.) Aaron England, PhD - Graduated

Master's Thesis Committees (all from U. of Utah unless otherwise noted)

18.) Doria Schmidt, MS – Anticipated Graduation is Spring 2025 (U. of Nevada)
17.) Hayley Almes, MS (Chair) – Anticipated Graduation is Spring 2025
16.) Jason Armstrong, MS (Chair) – Graduated
15.) Sierra Cox, MS Anticipated Graduation is Summer 2024 (U. of Nevada)

14.) Samantha Dyer, MS – Graduated (U. of Nevada)
13.) Jason Thomas, MS – Graduated
12.) Jaqueline Ohayon, MS – Graduated
11.) Cole Benson, MS-Graduated
10.) Brandon Campbell, MS-Graduated
9.) Kahyun Nam, MS-Graduated
8.) Hayley McKown, MS-Graduated
7.) Yi Fang, MS-Graduated
6.) Sara Goodrum, MS-Graduated
5.) Justin Maxwell, MS-Graduated
4.) Elyse D'Astous, MS-Graduated
3.) Damara Farkas, MS-Graduated
2.) Gavin McBride, MS-Graduated
1.) Dylan Hyland, MS-Graduated

Master's Non-Thesis Committees (all from U. of Utah)

13.) Amery Kongphouthakoun, MS - Graduated
12.) Jordan Cox, MS-Graduated
11.) Tom Sitake, Jr., MS-Graduated
10.) Joli Johanson, MS-Graduated
9.) Jon Burke, MS-Graduated
8.) Amberlee Taylor, MS-Graduated
7.) Kate Ashby, MS-Graduated
6.) Barry Fitch, MS-Graduated
5.) Katelyn M. Kimber, MS-Graduated
4.) Skyler Beard, MS-Graduated
3.) Kasey Larson, MS-Graduated
2.) Sophia Seegmiller, MS-Graduated
1.) Courtney Merrill, MS-Graduated

IV. PROFESSIONAL MEMBERSHIPS and CERTIFICATIONS

Memberships

International Network of Time-Use Epidemiologists (INTUE)

American Public Health Association (APHA)

American College of Sports Medicine (ACSM)

North American Society for Pediatric Exercise Medicine (NASPEM)

Society of Health and Physical Educators (SHAPE America)

V. AWARDS

Human Kinetics, *Journal of Physical Activity and Health*, **2023 Outstanding Reviewer Recognition,** Fall 2023

Elsevier, *Journal of Sport and Health Science*, **2023 Outstanding Reviewer Award**, Fall 2023

Mary Ann Liebert Inc., *Childhood Obesity*, **2023 Elite Reviewer Recognition**, Fall 2023

Human Kinetics, *Journal of Physical Activity and Health*, **2022 Outstanding Reviewer Recognition,** Fall 2022

Elsevier, *Journal of Sport and Health Science*, **2022 Outstanding Reviewer Award**, Fall 2022

Elsevier, *Journal of Sport and Health Science*, **2021 Outstanding Reviewer Award**, Fall 2021

Elsevier, *Journal of Sport and Health Science*, **2020 Outstanding Reviewer Award**, Fall 2020

Elsevier, *Journal of Sport and Health Science*, **2019 Outstanding Reviewer Award**, Fall 2019

SHAPE America, **Research Fellow of SHAPE America (R.F.S.A.)**, Spring 2019

SHAPE America, *Research Quarterly for Exercise and Sport,* **Writing Award**, Spring 2019

SHAPE America, *Measurement in Physical Education and Exercise Science*, **2018 Manuscript Reviewer of the Year**, Spring 2019

BioMed Central, *BMC Public Health*, **Associate Editor Acknowledgement, Highest Number of Manuscripts Handled**, 2018

SHAPE America, **CSPAP Research SIG Innovative Paper Award 2017**, Spring 2018.

International Chinese Society for Physical Activities and Health Symposium, **Research Poster Award**, Spring 2018

SHAPE America, **CSPAP Research SIG Innovative Paper Award 2016**, Spring 2017.

American Kinesiology Association, **Doctoral Scholar Award**, Spring 2014.

University of Utah, Department of Exercise and Sport Science, **Sport Pedagogy Graduate Student of the Year**, Spring 2014.

University of Utah Graduate School, **University Graduate Research Fellowship Award**, Fall 2013-Spring 2014.

University of Utah, Department of Exercise and Sport Science, **Neilson Scholarship**, Spring 2013.

University of Pittsburgh, **Dean's List**, 2002–2003.

VI. FUNDING

SUBMITTED

Co-I. (Estabrooks P.I.), Utah Digital Health Initiative Seed Grant. Driving out Disparities: The Mobile Health^2 Project. **SUBMITTED** - Spring 2024, $100,000.00 total costs.

P.I., National Academy of Medicine Healthy Longevity Catalyst Award (9300735884). Feasibility of a Mind-Body Physical Activity Intervention for Student Parents. **SUBMITTED** - Spring 2024, $50,000.00 direct costs.

PENDING

Co-I. (Estabrooks P.I.), 1U48DP006789-01**,** 2024–2029 Centers for Disease Control and Prevention, Prevention Research Center Grant. Mountain West Prevention Research Center Core Research Project. **PENDING** – Summer 2023, $5,000,000.00 total costs. 10% Effort.

IN PROGRESS

Co-I. (King Jensen P.I.), 2022–2026 Salt Lake County Health Department, Salt Lake County Wellness Grant. InShape Prevention Plus Wellness Program Intervention. **FUNDED** – Spring 2022, $500,000.00 direct costs. 10% Effort.

COMPLETED

Co-I. (Bai P.I.), 2019-2020 University of Utah College of Health Pilot Grant. Technology-enhanced Eating and Activity study for Children's Health (TEACH): A Pilot Study. **FUNDED** – Spring 2020, $22,500.00 direct costs.

P.I., 2018-2019 University of Utah College of Health Pilot Grant. Developing an after-school parent-child physical activity and mindfulness training intervention. **FUNDED**-Spring 2019**,** $17,125.00 direct costs.

Study Coordinator (Brusseau P.I.), U.S. Department of Education, Carol White PEP Grant. **FUNDED**-Fall 2014, $1,500,000.00 direct costs. 75% Fellowship Effort.

Study Coordinator (Brusseau P.I.), Division of Juvenile Justice, Program Evaluation of the SPARK program in the Juvenile Justice System. **FUNDED-**Fall 2014, $90,000.00 direct costs. 25% Fellowship Effort.

P.I., Professional Development Fund, Department of Exercise and Sport Science, University of Utah. **FUNDED**-Summer 2014, $1,000.00 direct costs.

P.I., Cooper Institute, Development and cross-validation of an alternative aerobic-capacity prediction model for adolescent youth. **FUNDED-**Fall 2012, $12,758.00 direct costs. 50% GRA Effort.

Research Assistant (Hannon P.I.), Cooper Institute, Evaluation of the FITNESSGRAM Trunk Extension. **FUNDED-**Fall 2010, $12,000.00 direct costs. 25% GRA Effort.

NOT FUNDED

P.I., NIH R34 PAR-21-240. Feasibility of a Mindfulness and Team Coaching Health Intervention for University Parents. Summer 2023, $693,000.00 total costs.

P.I., National Academy of Medicine Healthy Longevity Catalyst Award (1343479533). Feasibility of a Mind-Body Physical Activity Intervention to Improve Physical Activity and Social Connectedness in University Student Parents. Spring 2023, $50,000.00 direct costs.

P.I., NIH PAR-22-231. Feasibility of a mind-body physical activity intervention for student parents. Fall 2022, $275,000.00 direct costs.

P.I., NIH DP2 RFA-RM-22-019. Effectiveness of a phased semi-virtual Comprehensive School Physical Activity Program in rural high schools. Summer 2022, $1,500,000.00 direct costs.

P.I., NIH R21 PAR-19-309 (NOT-OD-21-087). Feasibility of an on-campus exergaming intervention for minority college students. Summer 2022, $275,000.00 direct costs.

Co-I. (Podlog P.I.), US Department of Defense. Understanding the Role of

Psychosocial Factors in Prediction of Return to Duty among Service Members with Traumatic Brain Injury. Fall 2021, $1,200,000.00 direct costs (Score = 2.2 - Good).

Co-I. (Poulos P.I.), NIH R01 PAR-18-854. Recess policy in Arizona schools. – Fall 2021, $232,950.00 subaward, $3,735,643 total costs (Impact Score = 56).

Co-I. (Byun P.I.), NIH R21 NOT-MD-19-001. Technology-based, real-time monitoring-mediated intervention to increase physical activity in childcare centers. – Fall 2021, $275,000.00 direct costs.

Co-I. (Bai P.I.), NIH R03 PAR-19-276. Implementation barriers and facilitators of the NFL PLAY 60 FitnessGram Partnership Project**. RESUBMIT**- Fall 2020, $100,000.00 direct costs (Impact Score = 49, Percentile = 48%).

Co-I. (Bai P.I.), NIH R03 PAR-19-276. Implementation barriers and facilitators of the NFL PLAY 60 FitnessGram Partnership Project. Fall 2019, $100,000.00 direct costs (Impact Score = 34, Percentile = 29%).

P.I., NIH R01 RFA-NR-20-001.Testing the effect of Comprehensive School Physical Activity Programming and Active Gaming in rural Utah schools**.** Fall 2019, $1,250,000.00 direct costs (Impact Score = 65).

P.I., NIH R21 PA-18-857. Development of SOGAME: System for Observing Gaming Active Movement and Exercise**.** Fall 2019, $275,000.00 direct costs (Impact Score = 64).

Co-I. (Byun P.I.), NIH R21 PA-18-354. Technology-based, real time monitoring-mediated intervention to increase physical activity in childcare centers**.** Fall 2019, $275,000.00 direct costs.

P.I., NIH R21 PA-18-354. Developing a multicomponent physical activity program with family engagement in low-income schools. Summer 2019, $275,000.00 direct costs.

Subaward P.I., NIH R15 PA-18-343. Effects of active video gaming on sedentary behavior, physical activity and motivation in low-income children. Summer 2019, $300,000.00 direct costs ($55,088.82 subaward; University of Nevada, Fu P.I.).

Subaward P.I., NIH R21 PA-18-482. Feasibility of a classroom active video game curriculum within low-income elementary schools. Spring 2019, $275,000.00 direct costs ($68,625 subaward; University of Nevada, Fu P.I.).

P.I., NIH R03 PA-18-481. Relationships among psychosocial variables, sedentary times, and physical activity within low-income parent-adolescent dyads. Spring 2019, $100,000.00 direct costs.

P.I., NIH R21 PAR-18-307. Developing Interventions for Health Enhancing Physical Activity. Effect of an after-school parent-child physical activity and mindfulness training intervention on health behavior outcomes: A pilot study. Fall 2018**,** $275,000.00 direct costs.

P.I., Larry H. Miller Driving Out Diabetes Initiative. Effect of an After-School Parent-Child Physical Activity and Dietary Education Intervention on Health-Related Outcomes: A Pilot Study. Fall 2018, $44,359.00 direct costs.

Co-I. (Fu P.I), SHAPE America Early Investigator Grant. Effects of Virtual Reality on Children's Motivation and Physical Activity. Spring 2017, $5,000.00 direct costs.

P.I., ACSM Paffenbarger-Blair Fund for Epidemiological Research on Physical Activity. Comprehensive School Physical Activity and Cardio-metabolic Risk in Low-Income Hispanic Children. Spring 2016, $10,000.00 direct costs.

VII. PUBLISHED MANUSCRIPTS (* Corresponding Author; First Author = 62; Senior Author = 21; Co-author = 76)

2024 (Ongoing)

159.) Van Roy, A., Albouy, G., **Burns, R. D**., & King, B. R.* (2024). Children exhibit a developmental advantage in the offline processing of a learned motor sequence. *Communications Psychology* (ACCEPTED, IN PRESS).

158.) **Burns, R. D.*** (2024). Public health implications of replacing screen time with physical activity and sleep in Brazilian children. *Jornal de Pediatria*, *100*, 121-123. doi:10.1016/j.ped.2023.11.004

157.) Tobin, S. Y.*, Halliday, T. M., Shoaf, K., **Burns, R. D.,** & Glazer-Baron, K. (2024). Associations of anxiety, insomnia, and physical activity during the COVID-19 pandemic. *International Journal of Environmental Research and Public Health*, *21*, 428. doi:10.3390/ijerph21040428

156.) Fu, L., **Burns, R. D.*,** Xie, Y., Lucero, J., Brusseau, T. A., & Bai, Y. (2024). Goal setting, movement behaviors and perceived health during an online health coaching intervention: A mediation analysis. *Journal of Healthy Eating and Active Living* (*ACCEPTED, IN PRESS*).

155.) Lemes, V. B., Sehn, A. P., Reuter, C. P.., **Burns, R. D**., Gaya, A. R., Gaya, A.C.A, & Brand, C.* (2024). Associations of sleep time, quality of life, and obesity indicators on physical literacy: a structural equation model. *BMC Pediatrics*, *24*, 159. doi:10.1186/s12887-024-04609-1

154.) Horvath, L., **Burns, R. D.***, Brusseau, T. A., Bai, Y., Lucero, J. E., & King Jensen, J. (2024). Goal setting moderates behavior change outcomes in college students after an online health coaching intervention. *American Journal of Health Education* (ACCEPTED, IN PRESS).

153.) Reis, L. N.*, Reuter, C. R., **Burns, R. D.**, de Lucena Martins, C. M., Mota, J., Gaya, A.C.R., Castro Silveira, J. F. D., & Gaya, A. R. (2024). Effects of a physical education intervention on children's physical activity and fitness: the PROFIT pilot study. *BMC Pediatrics**, 24,*** 78. doi:10.1186/s12887-024-04544-1

152.) Woodruff, K.*, Joy, E., **Burns, R. D.**, Summers, S. A., Metos, J. M., & Jordan, K. C. (2024). A retrospective chart review suggests that coordinated, multidisciplinary treatment for patients with anorexia nervosa improves odds of weight restoration. *Journal of Multidisciplinary Healthcare*, *2024*, 339-351. doi:10.2147/JMDH.S437376

151.) **Burns, R. D.*,** Byun, W., Fu, Y., & Mihalopoulos, N. L. (2024). Sexual identity-behavior discordance and meeting 24-hour movement behavior recommendations in adolescents. *Journal of LGBT Youth, 21,* 1-19. doi:10.1080/19361653.2021.2010157

150.) Sehn, A. P.*, Brand, C., Tornquist, L., Tornquist, D.., de Castro Sileira, J. F., Gaya, A. R., Cristi-Montoya, C., **Burns, R. D.,** Renner, J. D. P., & Reuter, C. P. (2024). Sleep duration and screen time in children and adolescents: simultaneous moderation role in the relationship between waist circumference and cardiometabolic risk according to physical activity. *European Journal of Sports Science*. doi:10.1002/ejsc.12070

2023

149.) **Burns, R. D.***, Kim, Y., Fu, Y., Byun, W., & Bai, Y. (2023). Independent and joint associations of aerobic and muscle-strengthening exercise with mental health in adolescents: A cross-sectional analysis before and during COVID-19 using the 2015–2021 National Youth Risk Behavior Survey. *Preventive Medicine*, *177*(2023), 107750. doi:10.1016/j.ypmed.2023.107750

148.) Lehnhard, A. R.*, Sehn, A.P., de Castro Silveira, J. F., **Burns, R. D.**, Reuter, C. P., & Franke, S. I. R. (2023). Longitudinal relationship between screen time, cardiorespiratory fitness, and waist circumference of children and adolescents: a 3-year cohort study. *BMC Pediatrics*, *23*, 553. doi:10.1186/s12887-023-04376-3

147.) **Burns, R. D.*,** Pfledderer, C. D., & Fu, Y. (2023). Socioeconomic factors, movement behavior context, and self-reported physical and mental health in adults living in New York City. *Health Behavior and Policy Review*. doi:10.14485/HBPR.10.5.2

146.) Brennan, B. R.*, Beals, K., **Burns, R. D.**, Chow, C., Locke, A., Petzold, T., & Dvorak, T. E. (2023). Impact of culinary medicine course on confidence and competence in diet and lifestyle counseling, interprofessional communication, and health behaviors and advocacy. *Nutrients*, *15*, 4157. doi:10.3390/nu15194157

145.) **Burns, R. D.*,** Byun, W., Bai, Y., de Castro Silveira, J. F., & Reuter, C. P. (2023). Dose-response associations of Monitor-Independent Movement Summary with health-related fitness in youth. *Scandinavian Journal of Medicine and Science in Sports*, *33*, 2286–2298. doi:10.1111/sms.14448

144.) Bilic, A., **Burns, R. D.***, Bai, Y., Brusseau, T. A., Lucero, J. E., & King Jensen, J. L. (2023). Preliminary efficacy of a multi-behavioral Zoom-based health coaching intervention in young adults: a stepped wedge randomized controlled trial. *Cyberpsychology, Behavior, and Social Networking*. doi:10.1089/cyber.2022.0365

143.) **Burns, R. D.***, Fu, Y., Bai, Y., & Byun, W. (2023). Associations of Monitor-Independent Movement Summary and health-related fitness with gross motor skills in young children. *Journal of Motor Learning and Development*, *11*, 390–399. doi:10.1123/jmld.2022-0073

142.) **Burns, R. D.*,** Bilic, A., Bai, Y., Brusseau, T. A., Lucero, J. E., & King Jensen, J. L. (2023). Bidirectional associations of physical activity, sleep, and self-reported mental health in young adults participating in an online wellness intervention during the COVID-19 pandemic. *Frontiers in Public Health, 11,* 1168702. doi:10.3389/fpubh.2023.1168702

141.) **Burns, R. D.*,** Sehn, A. P., Brand, C., Castro Silveira, J. F. D., & Reuter, C. P. (2023). The moderating influence of home location and school type across time on cardiometabolic risk and active school commuting: A 5-year longitudinal study. *Childhood Obesity, 19,* 258–266. doi:10.1089/chi.2021.0299

140.) Silveira, J. F.*, Brand, C., Welser, L., Gaya, A. R., **Burns, R. D.,** Pfeiffer, K.,A., Lima, R. A., Andersen, L. B., Reuter, C.P., & Pohl, H. H. (2023). The longitudinal association of cardiorespiratory fitness and adiposity with clustered cardiometabolic risk: a mediation analysis. *Pediatric Exercise Science*. doi:10.1123/pes.2022-0073

139.) Strehli, I., **Burns, R. D**.*, Bai, Y., Ziegenfuss, D. H., Block, M. E., & Brusseau, T. A. (2023). Development of an online mind-body physical activity intervention for young adults during COVID-19: A pilot study. *International*

Journal of Environmental Research and Public Health, 20, 4562. doi:10.3390/ijerph20054562

138.) Dyer, S.*, Constantino, N., Chen, L-T., **Burns, R. D.**, & Fu, Y. (2023). Children's physical activity and sedentary behavior in summer camp. *JTRM in Kinesiology*. http://www.sports-media.org/index.php/19-articles/all/24-sports-media

137.) Bai, Y.*, Ohayon, J., **Burns, R. D.**, Byun, W., Newton, M., Brusseau, T. A., & Thompson, T. (2023). The association of virtual exercise classes and well-being during COVID-19 among University employees (ACCEPTED, IN PRESS).

136.) **Burns, R. D.*,** Bai, Y., Podlog, L. W., Brusseau, T. A., & Welk, G. J. (2023). Associations of physical activity enjoyment and physical education enjoyment with segmented daily physical activity in children: Exploring tenets of the trans-contextual model of motivation. *Journal of Teaching in Physical Education, 42,* 184-188. doi:10.1123/jtpe.2021-0263

135.) Thomas, J. V., Tobin, S. Y., Mifflin, M. G., **Burns, R. D.,** Bailey, R. R., Purcell, S. A., Melanson, E. L., Cornier, M-A., & Halliday, T. M.* (2023). The effects of acute bouts of aerobic and resistance exercise on non-exercise physical activity. *Exercise, Sport, & Movement, 1,* e00004. doi:10.1249/ESM.0000000000000004

134.) Fu, Y.*, **Burns, R.D.,** Zhang, P., Dyer, S., & Constantino, N. (2023). Association of adolescent bullying victimization with meeting 24-hour movement behavior recommendations: A cross-sectional study using the combined 2015–2019 Youth Risk Behavior Survey. *Journal of Science in Sport and Exercise, 5*, 182–190. doi:10.1007/s42978-022-00190-0

133.) Castro Silveira, J. F.*, Sehn, A. P., da Silva, L., Lima, R. A., **Burns, R. D.,** Andersen, L. B., Renner, J. D. P., & Reuter, C. P. (2023). The stability of cardiometabolic risk factor clustering in children and adolescents: a 2-year longitudinal study. *Journal of Diabetes and Metabolic Disorders, 22,* 529–538. doi:10.1007/s40200-022-01174-1

2022

132.) **Burns, R. D**.*, & Fu, Y. (2022). Parental perceived discrimination and youth participation in out-of-school sports. *Children, 9,* 1808. doi:10.3390/children9121808

131.) **Burns, R. D.***, & Armstrong, J. A. (2022). Associations of connectedness and parental behaviors with adolescent physical activity and mental health during COVID-19: A mediation analysis using the 2021 Adolescent Behaviors and Experiences Survey. *Preventive Medicine, 164,* 107299. doi:10.1016/j.ypmed.2022.107299

130.) **Burns, R. D.**[*], Podlog, L. W., & Bai, Y. (2022). Enjoyment mediates associations of the physical and family environment with adolescent physical activity: A structural equation modeling approach. *Journal of Adolescent Health*, *71*, P628-P634. doi:10.1016/j.jadohealth.2022.06.002

129.) Fu, Y.[*], **Burns, R. D.**, Dyer, S., & Lopez, X. (2022). Associations of 24-hour movement behaviors, parental academic support, and academic achievement in Alaskan adolescents. *International Journal of Physical Activity and Health*, *1*, article 1. https://scholarworks.boisestate.edu/ijpah/vol1/iss3/1

128.) Strehli, I.[*], Ziegenfuss, D. H., Block, M. E., **Burns, R. D**., Bai, Y., & Brusseau, T. A. (2022). I felt grounded and clear-headed": Qualitative exploration of a Mind-Body Physical Activity Intervention on stress among college students during COVID-19. doi:10.1177/00469580221126807

127.) Bai, Y.[*], **Burns, R. D.,** Gell, N., & Byun, W. (2022). A randomized trial to promote physical activity in adult pre-hypertensive and hypertensive patients. *Journal of Sports Sciences, 40,* 1648-1657. doi:10.1080/02640414.2022.2099179

126.) **Burns, R. D.**[*], Bai, Y., Byun, W., Colotti, T. E., Pfledderer, C. D., Kwon, S., & Brusseau, T. A. (2022). Bidirectional relationships of physical activity and gross motor skills before and after summer break: Application of a cross-lagged panel model. *Journal of Sport and Health Science, 11,* 244-251. doi:10.1016/j.jshs.2020.07.001

125.) Pfledderer, C. D., Kwon, S., Strehli, I., Byun, W., & **Burns, R. D.**[*] (2022). The effects of playground interventions on accelerometer-assessed physical activity in pediatric populations: A meta-analysis. *International Journal of Environmental Research and Public Health, 19,* 3445. doi:10.3390/ijerph19063445

124.) Pfledderer, C. D.[*], Bai, Y., Brusseau, T. A., **Burns, R. D.**, & King-Jensen, J. L. (2022). Changes in college students' health behaviors and substance use after a brief wellness intervention during COVID-19. *Preventive Medicine Reports*, *26*, 101743. doi:10.1016/j.pmedr.2022.101743

123.) Fu, Y.[*], **Burns, R. D**., Hsu, Y. J., & Zhang, P. (2022). Motivation, segmented physical activity, sedentary behavior, and weight status in adolescents: A path analysis. *Research Quarterly for Exercise and Sport, 93,* 204-209. doi:10.1080/02701367.2020.1804520

122.) Bai, Y.[*], Copeland, W. E., **Burns, R. D.**, Nardone, H., Devadanam, V., Rettew, J., & Hudziak, J. (2022). Ecological momentary assessed physical activity and wellness behaviors in college students across a school year: A longitudinal naturalistic study. *JMIR Public Health and Surveillance*, *8*, e25375. doi:10.2196/25375

121.) Brusseau, T. A.*, & **Burns, R. D**. (2022). Associations of physical activity, school safety, and non-prescription steroid use in adolescents: A structural equation modeling approach. *International Journal of Environmental Research and Public Health*, *19*, 87. doi:10.3390/ijerph19010087

120.) Zhang, P.*, **Burns, R. D.,** Fu, Y, Godin, S., Li, Z., & Zhang, X. (2022). Efficacy of a 4-Week smartphone application intervention on college students' BMI, physical activity, and motivation. *International Journal of Kinesiology in Higher Education*, *6*, 15-26. doi:10.1080/24711616.2020.1866467

119.) Nam, K.*, Ringenbach, S., Brusseau, T. A., **Burns, R. D.**, Braden, B., Lee, C-D., & Henderson, H. (2022). Immediate reinforcement increased duration of time riding the stationary bicycle in children with autism spectrum disorder: A pilot study. *International Journal of Developmental Disabilities, 68,* 388–394.

2021

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17.) Smith, C., Hannon, J. C., Brusseau, T. A., Fu, Y., & **Burns, R. D.*** (2016). Physical activity patterns during school leisure time in children. *International Journal of Kinesiology and Sports Sciences*, *4*, 18−27.

16.) **Burns, R. D.*,** Hannon, J. C., Brusseau, T. A., Eisenman, P. A., Shultz, B. B., Saint-Maurice, P. F., Welk, G. J., & Mahar, M. T. (2016). Development of an aerobic capacity prediction model in adolescents aged 13 to 16 years. *Journal of Sports Sciences, 34,* 18−26.

15.) Brusseau, T. A., **Burns, R. D.***, & Fu, Y. (2016). Contextual factors related to physical activity during daily middle-school physical education. *Journal of Science and Medicine in Sport, 19*, 733−737.

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14.) **Burns, R. D**.*, Brusseau, T. A., & Hannon, J. C. (2015). Effect of a comprehensive school physical activity program on daily step counts in children. *Journal of Physical Activity and Health, 12,* 1536−1542.

13.) Brusseau, T. A.*, & **Burns, R. D**. (2015). Step count and MVPA compendium of middle school physical education activities. *Journal of Physical Education and Sport, 15*, 646−650.

12.) **Burns, R. D.*,** Brusseau, T. A, & Hannon, J. C. (2015). Prediction of optimal daily step count achievement from segmented school physical activity. *Advances in Public Health.* doi:10.1155/2015/496248

11.) **Burns, R. D**.*, Brusseau, T. A., Fang, Y., Myrer, R., Fu, Y., & Hannon, J. C. (2015). Predictors and trends of physical activity achievement in low-income children from the U.S. *Preventive Medicine Reports, 2,* 868−873.

10.) **Burns, R. D**.*, Brusseau, T. A., & Hannon, J. C. (2015). Physical activity trajectories during daily middle school physical education. *Journal of Physical Activity and Health, 12,* 982−989.

9.) Saint-Maurice, P. F.*, Welk, G. J., **Burns, R. D.**, Plowman, S., Corbin, C. B., & Hannon, J. C. (2015). The criterion-referenced validity of the FITNESSGRAM trunk-extension test. *Journal of Sports Medicine and Physical Fitness, 55,* 1252−1263.

8.) **Burns, R. D**.*, Brusseau, T. A., Fu, Y., & Hannon, J. C. (2015). Associations between health-related fitness and cardio-metabolic blood profiles in low-income children. *Open Journal of Preventive Medicine, 5*, 370−376.

7.) **Burns, R. D.***, Brusseau, T. A., Fu, Y., & Hannon, J. C. (2015). Predictors and trends of motor skill performance in at-risk elementary school-aged children. *Perceptual and Motor Skills, 121,* 284−299.

6.) **Burns, R. D.*,** Hannon, J. C., Brusseau, T. A., Eisenman, P. A., Saint-Maurice, P. F., Welk, G. J., & Mahar, M. T. (2015). Cross-validation of aerobic capacity prediction models in adolescents. *Pediatric Exercise Science, 27,* 404−411.

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5.) Allen, B., Hannon, J. C., **Burns, R. D.*,** & Williams, S. (2014). Effect of a core conditioning intervention on tests of trunk muscular endurance in school aged children. *Journal of Strength and Conditioning Research*, *28*, 2063−2070.

4.) **Burns, R. D.***, Hannon J. C., Saint-Maurice, P. F., & Welk, G. J. (2014). Concurrent and criterion-referenced validity of trunk muscular fitness tests in school-aged children. *Advances in Physical Education, 4,* 41−50.

3.) **Burns, R. D.*,** Hannon, J. C., Allen, B., & Brusseau, T. A. (2014). Convergent validity of the One-mile run and PACER VO_{2MAX} prediction models in middle school students. *SAGE Open*, *4,* 1−8. doi:10.1177/2158244014525420

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2.) **Burns, R. D.***, Hannon, J. C., Brusseau, T. A., Shultz, B., & Eisenman, P. (2013). Indices of abdominal adiposity and cardio-respiratory fitness in middle-school students. *Journal of Obesity.* doi:10.1155/2013/912460

1.) **Burns, R. D.***, Hannon, J. C., Allen, B., & Brusseau, T. A. (2013). Convergent validity of skinfold thickness and the hand-held bioelectrical impendence analyzer using current FITNESSGRAM standards. *International Journal of Sports Science, 3,* 193−197.

VIII. MANUSCRIPTS SUBMITTED

15.) Coletta, A. M., **Burns, R. D**., Estabrooks, P. A., Playdon, M., Shaw, J M., Akerley, W. L., & Maslana, K. (2024). Association between physical activity, performance scores, and clinical trial enrollment in cancer survivors.

14.) **Burns, R. D.,** Van Roy, A., & King, B. R. (2024). Associations of outdoor play time with ball handling skills in young children: A cross-sectional analysis using 2022 National Survey of Children's Health.

13.) Fu, L., **Burns, R. D.**, Zhe, S., & Bai, Y. (2024). What explains adolescents' physical activity and sports participation during the COVID-19 pandemic? – An interpretable machine learning approach.

12.) Armstrong, J. A., Newton, M., Kraft, T., & **Burns, R. D.** (2024). Predicting cardiorespiratory fitness in adolescents using Monitor Independent Movement Summary and Self-reported Behavior: A quantile regression analysis using the 2012 National Youth Fitness Survey.

11.) Welser, L., da Rosa Rambo, T., Sehn, A. P., Rabuske, A. P., de Castro Silveira, J. F., Reuter, E. M., Tornquist, L., Renner, J. D., **Burns, R. D.**, & Reuter, C. P. (2023). Interactions between Cardiorespiratory Fitness and Waist Circumference in association with Blood Pressure in Adolescents from Southern Brazil.

10.) Bai, Y., **Burns, R. D.**, Gell, N. & Copeland, W. (2023). Ecological Momentary Assessment of Physical Activity and Wellness Behaviors in College Students before vs during COVID-19.

9.) **Burns, R. D**. (2023). Associations of socioeconomic household characteristics with objective youth physical activity: use of double selection LASSO.

8.) Borfe, L., de Castro Silveira, J. F., Sehn, A. P., Reuter, C. P., Brand, C., **Burns, R. D.**, & Gaya, A. R. (2023). Effects of a multicomponent intervention on obese adolescents' adiposity and cardiorespiratory fitness: suggesting a causal pathway via mediation analysis.

7.) Pagano, K., Yoon, I., **Burns, R. D.**, & Galli, N. (2022). Psychosocial factors contributing to body image dissatisfaction in young adult men: A qualitative study.

6.) Putnam, T. C., Newton, M., Brusseau, T. A., Ziegenfuss, D., **Burns, R. D**., & Franklin, J. (2021). A qualitative inquiry of the pre-service teacher competency performance scale (PSTCPS): Cooperating teachers and teacher candidate's perspectives.

5.) Putnam, T. C., Newton, M., Brusseau, T. A., Franklin, J., Ziegenfuss, D., & **Burns, R. D.** (2021). A needs assessment to determine how PETE University faculty evaluate preservice teacher candidates.

4.) Byun, W., Mihalopoulos, N. L., & **Burns, R. D.** (2021). Objectively measured physical activity and sedentary behavior in transgender youth.

3.) **Burns, R. D.**, & Fu, Y. (2021). Diet modifies the association between adherence to 24-hour movement guidelines and academic achievement in adolescents: Application of latent class moderation (*MAJOR REVISION*).

2.) Li, L., Brusseau, T. A., & **Burns, R. D. (**2021). The relationship between physical activity and academic achievement in middle school students.

1.) Benson, C., Newton, M., **Burns, R. D.**, & Dorn, U. (2021). An exploration of the moderating effects of trauma between a caring climate and trust.

IX. PEER-REVIEWED NATIONAL CONFERENCE PRESENTATIONS

113.) Maslana, K.E., **Burns, R.D.,** Estabrooks, P.A., Playdon, M.C., Shaw, J.M., Akerley, W., & Coletta, A. M. (2024). Association between physical activity, performance scores, and clinical trial enrollment in cancer survivors. *American Society of Preventative Oncology Annual Meeting*, Chicago, IL.

112.) Xie, Y., Fu, L., **Burns, R. D.**, Brusseau, T.A., Lucero, J. E., & Bai, Y. (2024). Goal setting, movement behaviors, and perceived health during an online health coaching intervention: A mediation analysis. *International Society for Behavioral Nutrition and Physical Activity*, Omaha, NE.

111.) Kwon, S., Bai, Y., Burns, R. D., Kim, Y., Brusseau, T. A., & Byun. W. (2024). Exploring the preliminary effect of physical activity intervention and peer challenge in young adolescents: a pilot cluster randomized trial. *ACSM Annual Meeting*, Boston, MA.

110.) **Burns, R. D.**, Almes, H., & Fu, Y. (2024). Associations of Movement Behaviors with Oral Health in Children and Adolescents. *ACSM Annual Meeting*, Boston, MA.

109.) Fu, Y., **Burns, R. D**., & Constantino, N. (2024). Physical activity mediates associations between sexual orientation between sexual orientation and mental health. *ACSM Annual Meeting*, Boston, MA.

108.) Bai, Y., Estabrooks, P., Pavlovic, A., Welk, G., Hill., J., Miller, M., Golden, C., Christiansen, J., **& Burns, R. D.** (2024). School-based physical activity programs implementation barriers and facilitators. *SHAPE America Research Consortium*, Cleveland, OH.

107.) **Burns, R. D.,** Kim, Y., Fu, Y., Byun, W., & Bai, Y. (2024). Joint associations of aerobic and muscle-strengthening exercise with mental health. *SHAPE America Research Consortium*, Cleveland, OH.

106.) Kwon, S., Bai, Y., **Burns, R. D.,** Kim, Y., Brusseau, T. A., & Byun, W. (2023). Exploring the preliminary effect of physical activity intervention through family and peer challenge in young adolescents: A pilot cluster randomized trial. *APHA Annual Meeting,* Atlanta, GA.

105.) Kwon, S., Bai, Y., **Burns, R. D.,** Kim, Y., Brusseau, T. A., & Byun, W. (2023). Concurrent validity of wearable activity monitors designed for children in estimating moderate-to-vigorous physical activity. *ACSM Annual Meeting*, Denver CO.

104.) Bai, Y., Lee, C., **Burns, R. D**., Byun, W., & von Lintel, D. (2023). Impact of mandatory school masking on adolescent physical activity during structured and unstructured days. *ACSM Annual Meeting*, Denver CO.

103.) **Burns, R.D.**, Fu, Y., Bai, Y., & Byun, W. (2023). Associations of monitor-independent movement summary units and health-related fitness with gross motor skills in children. *ACSM Annual Meeting*, Denver CO.

102.) Strehli, I., **Burns, R. D**., Brusseau, T. A., Bai, Y., Ziegenfuss, D., & Block, M. (2023). Mind-body physical activity intervention on stress and well-being during the pandemic: A pilot study. *SHAPE America Research Consortium*, Seattle, WA.

101.) **Burns, R. D.,** & Fu, Y. (2023). Perceived discrimination by parents and child participation in structured activity. *SHAPE America Research Consortium*, Seattle, WA.

100.) **Burns, R.D.**, & Armstrong, J. A. (2023). Connectedness, mental health, and adolescent physical activity during COVID-19. *SHAPE America Research Consortium*, Seattle, WA.

99.) Bai, Y., **Burns, R. D.**, & Byun, W. (2022). Socioenvironmental correlates of adolescent physical activity during COVID-19. *North American Society for the Psychology of Sport and Physical Activity*, Waikoloa, HI.

98.) Thomas, J., Tobin, S. Y., **Burns, R. D.,** Bailey, R. R., Melanson, E. L., Cornier, M-A., & Halliday, T. M. (2022). The effect of a single bout of aerobic and resistance exercise on non-exercise physical activity. *ACSM Annual Meeting*, San Diego, CA.

97.) **Burns, R. D.**, Podlog, L. W., Bai, Y., & Fu, Y (2022). Enjoyment mediates associations between the built environment and family social environment with adolescent physical activity. *ACSM Annual Meeting*, San Diego, CA.

96.) Pfledderer, C. D., Bai,Y. Brusseau, T. A., **Burns, R. D.,** & King, J. L. (2022). A brief intervention for wellness behaviors and substance use in college students. *International Society for Behavioral Nutrition and Physical Activity*, Phoenix, AZ.

95.) Fu, Y., **Burns, R. D.**, Zhang, P., Dyer, S., Yang S., & Constantino, N. (2021). Associations of adolescent bullying victimization with meeting 24-hour movement behaviors. *SHAPE America Research Consortium*, New Orleans, LA.

94.) Dyer, S., **Burns, R. D.,** Constantino, N., & Fu, Y. (2021). Trends in physical activity during a 5-Week outdoor adventure camp. *SHAPE America Research Consortium*, New Orleans, LA.

93.) **Burns, R. D.,** Bai, Y., Welk, G. J., Byun, W., & Brusseau, T. A. (2021). Physical activity-physical education enjoyment discordance and segmented daily physical activity. *SHAPE America Research Consortium*, New Orleans, LA.

92.) **Burns, R. D.,** Byun, W., Fu, Y., & Mihalopoulos, N. L. (2021). Adolescent sexual identity-behavior discordance and 24-hour movement behaviors. *SHAPE America Research Consortium*, New Orleans, LA.

91.) Pfledderer, C. D., **Burns, R. D.**, Byun, W., Carson, R. L., Welk, G. J., & Brusseau, T. A. (2021). Parent preferences for physical activity in before and after school programs in rural and suburban communities: A discrete choice experiment. *APHA Annual Meeting,* Denver, CO.

90.) Bai, Y., **Burns, R. D.,** Gell, N., Tang, S., & Wetter, D. (2021). Effect of a lifestyle intervention to promote physical activity in adult pre-hypertensive and hypertensive patients. *ACSM Annual Meeting,* Washington, DC (VIRTUAL).

89.) **Burns, R. D**., Brusseau, T. A., Fu, Y., Bai, Y., & Byun, W. (2021). Segmented school physical activity and weight status in children: Application of compositional data analysis. *ACSM Annual Meeting,* Washington, DC. (VIRTUAL).

88.) Tobin, S., Halliday, T. M., **Burns, R. D.,** Qeadan, F., & Baron, K. G. (2021). Factors influencing physical activity during the COVID-19 pandemic in adults from Utah. *ACSM Annual Meeting,* Washington, DC. (VIRTUAL).

87.) Pfledderer, C. D., & **Burns, R. D**. (2021). The neighborhood environment in predicting 24-hour movement behaviors in youth. *ACSM Annual Meeting,* Washington, DC. (VIRTUAL).

86.) Ohayon, J., Thompson, T., Byun, W., **Burns, R. D.,** Brusseau, T. A., Newton, M., & Bai, Y. (2021). The effect of virtual fitness classes to regulate sleep, mental well-being and physical activity levels during COVID-19. *ACSM Annual Meeting,* Washington, DC. (VIRTUAL).

85.) Pfledderer, C. D., **Burns, R. D.**, Byun, W., Carson, R. L., Welk, G. J., & Brusseau, T. A. (2021). School-based physical activity interventions in rural and urban/suburban communities: A systematic review and meta-analysis. *SHAPE America Research Consortium*, Baltimore, MD (VIRTUAL).

84.) Strehli, I., **Burns, R. D.**, Bai, Y., Ziegenfuss, D. H., Block, M., & Brusseau, T. A. (2021). Mind-body physical activity interventions and stress-related physiological markers in educational settings: Systematic review and meta-analysis. *SHAPE America Research Consortium*, Baltimore, MD (VIRTUAL).

83.) **Burns, R. D.**, Colotti, T. E., Pfledderer, C. D., Fu, Y., Bai, Y., & Byun, W. (2021). Familial factors associating with physical activity in children and adolescents: An analysis using the combined 2017-2018 National Survey of Children's Health. *SHAPE America Research Consortium*, Baltimore, MD (VIRTUAL).

82.) **Burns, R. D.**, Pfledderer, C. D., Fu, Y., Colotti, T. E., Byun, W., Bai, Y., & Brusseau, T. A. (2021). Bidirectional relationships of physical activity and gross motor skills before and after summer break: Application of a cross-lagged panel model. *SHAPE America Research Consortium*, Baltimore, MD (VIRTUAL).

81.) Bai, Y., **Burns, R. D.**, Copeland, W. E., Adams, Z, Lerner, M., Rettew, J., & Hudziak, J. (2020). Physical activity and other wellness and risk factors from a college sample. *ACSM Annual Meeting*, San Francisco, CA (VIRTUAL).

80.) Pfledderer, C. D., Hu, Q., McCarty, R. L., & **Burns, R. D.** (2020). Lifestyle characteristics as predictors of adolescent sleep duration: Evidence from a National Survey. *ACSM Annual Meeting*, San Francisco, CA (VIRTUAL).

79.) Brusseau, T. A., **Burns, R. D.**, & Fu, Y. (2020). Cognitive, lifestyle, and activity-related correlates of non-prescription steroid use among US adolescents. *ACSM Annual Meeting*, San Francisco, CA (VIRTUAL).

78.) Fu, Y., **Burns, R. D**., Hsu, Y. J., & Zhang, P. (2020). Motivation, segmented physical activity, sedentary behavior, and weight status in adolescents: A path analysis. *ACSM Annual Meeting*, San Francisco, CA (VIRTUAL).

77.) **Burns, R. D.,** Bai, Y., Fu, Y., & Brusseau, T. A. (2020). Associations of lifestyle behaviors with body mass index in adolescents: A quantile regression analysis. *ACSM Annual Meeting*, San Francisco, CA (VIRTUAL).

76.) Leinweber, S., Williams, S. M., Jones, E. M., Henninger, M. L., & **Burns, R. D.** (2020). PA and skill levels in coed and same-sex PE during invasion games. *SHAPE America Research Consortium*, Salt Lake City, UT.

75.) Strehli, I., Kwon, S., Pfledderer, C., & **Burns, R. D.** (2020). Effect of playground interventions on accelerometer-assessed physical activity in pediatric populations. *SHAPE America Research Consortium*, Salt Lake City, UT.

74.) Pfledderer, C. D., **Burns, R. D**, Byun, W., Carson, R. L., Welk, G. J., & Brusseau, T. A. (2020). Parent and child perceptions of barriers to school active commuting. *SHAPE America Research Consortium*, Salt Lake City, UT.

73.) **Burns, R. D.** (2020). Enjoyment, self-efficacy, and physical activity within parent-adolescent dyads. *SHAPE America Research Consortium*, Salt Lake City, UT.

72.) **Burns, R. D.,** Fu, Y., & Brusseau, T. A. (2020). Sports participation independently associates with academic achievement among adolescents. *SHAPE America Research Consortium*, Salt Lake City, UT.

71.) Fu, Y., **Burns, R. D**., Gomes, E., & Hsu, Y-W. J. (2020). Young children's school day sedentary behavior and physical activity in interactive versus traditional active video game. *SHAPE America Research Consortium*, Salt Lake City, UT.

70.) Fu, Y., **Burns, R. D**., Gomes, E., & Savignac, A. (2020). Trends in sedentary behavior, physical activity, and motivation during a classroom-based Active Video Game program. *SHAPE America Research Consortium*, Salt Lake City, UT.

69.) Fawver, B., England, A., **Burns, R. D.**, Theise, M. S., Chase, B., Seljaas, A., & Brusseau, T. A. (2019). Attentional focus instructions alter speeded jump shot performance based on proximity of attentional cues. *North American Society for the Psychology of Sport and Physical Activity 2019 Conference*, Baltimore, MD.

68.) Pfledderer, C. D., Brusseau, T. A., & **Burns, R. D.** (2019). Salient health behaviors predict mental health in adolescents: Evidence from the 2017 National Youth Risk Behavior Survey. *APHA Annual Meeting*, Philadelphia, PA.

67.) **Burns, R. D.**, Pfledderer, C., & Brusseau, T. A. (2019). Home sedentary behavior and active transport, not device-use, associates with self-reported physical activity in adolescents: Evidence from the FLASHE Study. *APHA Annual Meeting*, Philadelphia, PA.

66.) Brusseau, T. A., **Burns, R. D.**, & Fu, Y. (2019). Impact of year-round and traditional school schedules on weight gain and fitness loss over the summer. *International Society of Behavioral Nutrition and Physical Activity Annual Meeting*, Prague, Czech Republic.

65.) **Burns, R. D.**, Kim, Y., Byun, W., & Brusseau, T. A. (2019). Associations of school day sedentary behavior and physical activity with gross motor skills: Use of compositional data analysis. *ACSM Annual Meeting,* Orlando, FL.

64.) Williams, S., Hannon, J. C., & **Burns, R. D.** (2019). Junior high PE students' tactical knowledge in four sport units. *SHAPE America Research Consortium*, Tampa, FL.

63.) Putnam, T., **Burns, R. D**., Brusseau, T. A., Henderson, H., Ziegenfuss, D., & French, R. (2019). A needs assessment to determine how PETE University faculty evaluate pre-service teacher competency. *SHAPE America Research Consortium*, Tampa, FL.

62.) Zhang, P., Fu, Y., **Burns, R. D.**, & Brett, C. (2019). Associations among assessments of body composition with cardiorespiratory endurance, in adolescents. *SHAPE America Research Consortium*, Tampa, FL.

61.) **Brusseau, T. A**., & Burns, R. D. (2019). Weight gain and fitness loss of children over the summer. *SHAPE America Research Consortium*, Tampa, FL.

60.) **Burns, R. D.**, Fu, Y., Brusseau, T. A., Yang, W., & Clements-Nolle, K. (2019). Relationships among physical activity, sleep duration, and academic achievement in a representative sample of adolescents. *SHAPE America Research Consortium*, Tampa, FL.

59.) Fu, Y., **Burns, R. D**., Yang, W., & Clements-Nolle, K (2019). Associations between selected dietary behaviors and physical activity in adolescents. *SHAPE America Research Consortium*, Tampa, FL.

58.) Fu, Y., **Burns, R. D**., & Brusseau, T. A. (2018). School day sedentary behavior and physical activity predicts LDL cholesterol independent of health-related fitness in school-aged children. *APHA Annual Meeting*, San Diego, CA.

57.) **Burns, R. D**., Brusseau, T. A., & Fu, Y. (2018). Aerobic capacity mediates the relationship between physical activity and abdominal adiposity in low-income children. *APHA Annual Meeting*, San Diego, CA.

56.) Brusseau, T. A., & **Burns, R. D**. (2018). Physical activity, health-related fitness, and classroom behavior in children: A discriminant function analysis. *APHA Annual Meeting*, San Diego, CA.

55.) Zhang, P., Fu, Y., **Burns, R. D**., Li, P., & Godin, S. (2018). Effects of a smartphone-based intervention on adults' physical activity, self-efficacy, and enjoyment. *ACSM Annual Meeting*, Minneapolis, MN.

54.) Fu, Y., **Burns, R. D.**, Brusseau, T. A., & Constantino, N. (2018). A cluster analysis and validation of health-related fitness tests in college students. *ACSM Annual Meeting*, Minneapolis, MN.

53.) Brusseau, T. A., & **Burns, R. D**. (2018). Development of step count cut-points for school day sedentary behaviors. *ACSM Annual Meeting*, Minneapolis, MN.

52.) Fu, Y., **Burns, R. D.**, Constantino, N., & Zhang, P. (2018). Effect of exergaming program on physical activity, motor skill, and enjoyment in preschool children. *SHAPE America/International Chinese Society for Physical Activities and Health Symposium.* Nashville, TN. ***ICSPAH Research Poster Award**

51.) Constantino, N., Rodrigues, K., Fu, Y., & **Burns, R. D.** (2018). Effect of AVG on youth's physical activity, fitness, and motivation. *SHAPE America Research Consortium*, Nashville, TN.

50.) Fu, Y., Rodriguez, K., & **Burns, R. D.** (2018). Physical activity and motor skills: Mediating effect of perceived competence. *SHAPE America Research Consortium*, Nashville, TN.

49.) McKown, H., Brusseau, T. A., **Burns, R. D.**, & Galli, N. (2018). Relationship between teacher appearance and student physical activity in elementary physical education. *SHAPE America Research Consortium*, Nashville, TN.

48.) Mattson, R. E., Brusseau, T. A., **Burns, R. D**., Metos, J. M., & Jordan, K. C. (2018). Changes in physical activity/nutrition knowledge and enjoyment in CSPAP schools. *SHAPE America Research Consortium*, Nashville, TN.

47.) Bruseau, T. A., Hannon, J. C., & **Burns, R. D.** (2018). Director of physical education and changes in physical activity from a CSPAP. *SHAPE America Research Consortium*, Nashville, TN.

46.) Brusseau, T. A., Hannon, J. C., & **Burns, R. D.** (2018). Effect of SPARK on segmented physical activity in incarcerated adolescents. *SHAPE America Research Consortium*, Nashville, TN.

45.) **Burns, R. D.**, & Brusseau, T. A. (2018). Trends in estimated aerobic capacity over a two-year CSPAP. *SHAPE America Research Consortium*, Nashville, TN.

44.) Fu, Y., Brusseau, T. A., & **Burns, R. D.** (2018). Trends in physical activity enjoyment in CSPAP schools. *SHAPE America Research Consortium*, Nashville, TN.

43.) **Burns, R. D.**, & Fu, Y. (2018). Meta-Analysis of school-based physical activity interventions on physical activity enjoyment. *SHAPE America Research Consortium*, Nashville, TN.

42.) Norris, N. L., Brusseau, T. A., **Burns, R. D**., Metos, J. M., & Jordan, K. C. (2017). Nutrition knowledge among children from low socioeconomic families and its relationship to health-related fitness, physical activity knowledge, and metabolic health. *Food and Nutrition Conference and Expo*. Chicago, IL.

41.) Greviskes, L. E., Podlog, L. Newton, M., Dibble, L. E., **Burns, R. D.**, Pillow, W., … & Hammer, C. (2017). Caring interactions in secondary prevention programs: A qualitative inquiry of individual's with Parkinson's disease. *Association of Applied Sport Psychology.* Orlando, FL.

40.) Brusseau, T. A., & **Burns, R. D**. (2017). School day physical activity and classroom behavior in disadvantaged children. *ACSM Annual Meeting*. Denver, CO.

39.) Phillips, D. S., Hart, J. L., Arville, P., Dilworth, Q., & **Burns, R. D.** (2017). Effect of physical activity on cognitive control in college-aged students. *ACSM Annual Meeting*. Denver, CO.

38.) **Burns, R. D**., & Brusseau, T. A. (2017). Muscular strength and endurance and cardio-metabolic health in low-income Hispanic children. *ACSM Annual Meeting*. Denver, CO.

37.) Brusseau, T. A., **Burns, R. D.,** Fang, Y., Fu, Y., Goodrum, S., Norris, N. & Hannon, J. C. (2017). Findings and lessons learned from a 2-year Comprehensive School Physical Activity Program. *SHAPE America Research Consortium*. Boston, MA.

36.) Fu, Y., Brusseau, T. A., Hannon, J. C., Fang, Y., & **Burns, R. D.** (2017). Effect of CSPAP on disadvantaged children's enjoyment over one year. *SHAPE America Research Consortium*. Boston, MA.

35.) King, M. K., Brusseau, T. A., & **Burns, R. D.** (2017). Contextual factors related to MVPA during elementary physical education. *SHAPE America Research Consortium*. Boston, MA.

34.) Brusseau, T. A**., Burns, R. D**., & Hannon, J. C. (2017). Effect of CSPAP on TGMD-3 scores in disadvantaged children. *SHAPE America Research Consortium*. Boston, MA.

33.) **Burns, R. D.**, Brusseau, T. A., Fu, Y., & Hannon, J. C. (2017). Effect of CSPAP on cardio-metabolic health markers in disadvantaged children. *SHAPE America Research Consortium*. Boston, MA.

32.) **Burns, R. D**., Fu, Y., & Brusseau, T. A. (2017). Physical activity leader goal setting during a CSPAP intervention. *SHAPE America Research Consortium*. Boston, MA.

31.) **Burns, R. D**., Brusseau, T. A., Fang, Y., & Hannon, J. C. (2016). Effect of a 12-Week summer break on health-related fitness in disadvantaged children from low-income schools. *NASPEM Biennial Conference*, Knoxville, TN.

30.) Brusseau, T. A., & **Burns, R. D.** (2016). Effect of a comprehensive school physical activity program on gross motor skills in children from low-income families. *AIESEP International Conference*, Laramie, WY.

29.) Brusseau, T. A., & **Burns, R. D.** (2016). Gross motor skills and cardio-metabolic risk in low-income children: a mediation analysis. *AIESEP International Conference*, Laramie, WY.

28.) Goodrum, S., Brusseau, T. A., Fang, Y., Norris, N., & **Burns, R. D.** (2016). Predictive relationship between body mass index and TGMD-3 performance in disadvantaged children. *ACSM Annual Meeting*, Boston, MA.

27.) Brusseau, T. A., **Burns, R. D**., & Hannon, J. C. (2016). Free-living physical activity and health-related fitness of adolescents within the Juvenile Justice System. *ACSM Annual Meeting*, Boston, MA.

26.) Fu, Y., Brusseau, T. A., **Burns, R. D**., & Hannon, J. C. (2016). Prediction of optimal daily step count achievement from segmented school physical activity in children. *ACSM Annual Meeting*, Boston, MA.

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2.) Brusseau, T. A., **Burns, R. D**., & Hannon, J. C. (2015). Effect of an 8-week comprehensive school physical activity program on physical activity and sedentary behaviors in at-risk children. *C-FAHR Poster Session*, The University of Utah, Salt Lake City, UT.

1.) **Burns, R. D.**, Prewitt, S., & Harveston, A. (2012). The Sport Education Model: not what you may think. *UAHPERD Conference*, Park City, UT.

XI. PUBLISHED ABSTRACTS

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5.) **Burns, R. D.**, Hannon, J. C., Allen, B., & Brusseau, T. A. (2013). VO2 max value agreement using linear and quadratic field test prediction models. *Medicine and Science in Sports and Exercise. 45(5S)*, 682-682.

4.) **Burns, R. D.,** Hannon, J. C., Allen, B., & Brusseau, T.A. (2013). Skinfold thickness and hand-held BIA agreement in body fat estimates. *Research Quarterly for Exercise and Sport, 84(S1),* A26-A27.

3.) Allen, B., Hannon, J. C, & **Burns, R. D.** (2013). Effect of core conditioning on youth's strength and endurance. *Research Quarterly for Exercise and Sport, 84(S1),* A10-A10.

2.) **Burns, R. D.,** Hannon, J. C., Allen, B., Saint-Maurice, P. F., & Welk, G. J. (2012). Associations among body fat %, BMI, and muscular fitness test

performance in school-aged children. *Medicine and Science in Sports and Exercise, 44(5S),* 286-286.

1.) Saint-Maurice, P. F., Welk, G. J., **Burns, R. D.**, & Hannon, J. C. (2012). Establishing criterion-health related standards for muscular fitness tests in high school students. *Medicine and Science in Sports and Exercise, 44(5S),* 489-489.

XII. NON-REFEREED PUBLICATIONS

1.) Larson, J. N., Harveson, A., & **Burns. R. D.** (2015). Teaching tips for increasing student motivation during physical education, *UAHPERD Newsletter, 1,* 4–7.

XIII. BOOK CHAPTERS

2.) Brusseau, T. A., & **Burns, R. D**. (2020). Multicomponent school based physical activity interventions. In Brusseau, T. A., Fairclough, S., & Lubans, D. (eds). *Handbook on Youth Physical Activity*. Abingdon, UK: Routledge.

1.) Fu, Y., Gao, Z., **Burns, R. D**., & Hannon, J. C. (2015). Correlates of physical activity in children. In Gao, Z., & Pope, Z. (eds). *Physical Activity Behaviors and Determinants in Children and Adolescents*. Hauppuage, NY: Nova Publishers.

XIV. SERVICE

Editorial Boards

7.) Journal of Physical Activity and Health, Editorial Board Member (2024–)
6.) Preventive Medicine, Associate Editor (2023–)
5.) Annals of Behavioral Medicine, Editorial Board Member (2023–)
4.) Preventive Medicine Reports, Editorial Board Member (2018–)
3.) Measurement in Physical Education and Exercise Science, Exercise Science Section Editor (2019–)
2.) Perceptual and Motor Skills, Associate Editor (2018–)
1.) BMC Public Health, Editorial Board Member, (2018–)

Grant Reviewer

6.) Thomas L. McKenzie Research Award, SHAPE America Research Council (2024)
5.) The Utah Clinical and Translational Science Institute (CTSI) Peer Grant Reviewer, Injury prevention: Impairment-based interventions to reduce Achilles and patellar tendon injury risk in collegiate student-athletes (PI – Cushman), Fall 2023.
4.) Thomas L. McKenzie Research Award, SHAPE America Research Council (2023)

3.) Medical Research Council (MRC – UK; 2022). A new digital measurement method for enhancing population surveillance of physical activity in adults. (Grant Reference: MR/W029707/1)
2.) Thomas L. McKenzie Research Award, SHAPE America Research Council (2022)
1.) Qatar University Collaborative Grant. Sleep, physical activity, cognitive functioning and academic performance: An analysis of mediating and confounding associations among university students in Qatar. (2020)

Manuscript Reviewer

112.) Public Health (2024; 1 total)
111.) British Journal of Sports Medicine (2023, 2024; 2 total)
110.) JAMA Psychiatry (2023, 2024; 2 total)
109.) International Journal of Social Welfare (2024, 1 total)
108.) Journal of Developmental Origins of Health and Disease (2023; 1 total)
107.) Review of Education (2023; 1 total)
106.) Health Behavior & Policy Review (2024 1 total)
105.) Exercise, Sport, & Movement (2023; 1 total)
104.) Cyberpsychology, Behavior, and Social Networking (2023; 1 total)
103.) JAMA Network Open (2023, 2024; 3 total)
102.) Behavior & Information Technology (2023; 2 total)
101.) Child: Care, Health, and Development (2023; 1 total)
100.) Journal of Motor Behavior (2023; 1 total)
99.) Journal of Medical Internet Research (2023; 1 total)
98.) Childhood Obesity (2022, 2023; 6 total)
97.) American Journal of Preventive Medicine (2019, 2020, 2021, 2023; 4 total)
96.) Pediatrics (2021; 1 total)
95.) Academic Pediatrics (2021, 2022, 2023; 7 total)
94.) International Journal of Psychology (2023; 1 total)
93.) Psychology in the Schools (2023; 1 total)
92.) Journal of Behavioral Medicine (2021, 2022, 2023; 5 total)
91.) Health Psychology and Behavioral Medicine (2023; 1 total)
90.) Journal of School Health (2021, 2023; 2 total)
89.) Health Education & Behavior (2020, 2023; 3 total)
88.) Annals of Behavioral Medicine (2021, 2022; 2 total)
87.) The Lancet—Regional Health (2021; 1 total)
86.) Quest (2022; 1 total)
85.) npj Digital Medicine (2022; 2 total)
84.) American Journal of Lifestyle Medicine (2022; 2 total)
83.) Social Sciences (2021; 1 total)
82.) Experimental Physiology (2021; 1 total)
81.) Learning and Individual Differences (2021; 1 total)
80.) Frontiers in Physiology (2021, 2023; 2 total)
79.) Obesity Reviews (2020; 2 total)
78.) Journal for the Measurement of Physical Behavior (2020, 2022; 4 total)

77.) Adapted Physical Activity Quarterly (2020; 1 total)
76.) The Physician and Sports Medicine (2020; 1 total)
75.) SSM - Population Health (2020; 2 total)
74.) Health & Place (2020; 1 total)
73.) Journal of Adolescence (2020; 1 total)
72.) International Journal of Kinesiology in Higher Education (2020; 1 total)
71.) European Journal of Pediatrics (2020; 1 total)
70.) BMC Sports Science, Medicine, and Rehabilitation (2020; 1 total)
69.) The Social Science Journal (2020; 1 total)
68.) Obesity (2020; 1 total)
67.) Journal of Sleep Research (2020; 1 total)
65.) Journal of Adolescent Health (2020, 2021, 2022; 10 total)
65.) BioMed Research International (2020; 1 total)
64.) Applied Psychology: Health and Well-being (2020; 2 total)
63.) Scientific Reports (2020; 2 total)
62.) Journal of Clinical Medicine (2020; 1 total)
61.) Journal of Exercise Science and Fitness (2020; 1 total)
60.) BMJ Open Sport and Exercise Medicine (2020; 1 total)
59.) Frontiers in Psychology (2019; 1 total)
58.) Applied Physiology, Nutrition, and Metabolism (2019, 2020, 2024; 3 total)
57.) Journal of Affective Disorders (2019, 2020; 2 total)
56.) Journal of Sport and Exercise Psychology (2019, 2020; 3 total)
55.) Nature and Science of Sleep (2019; 1 total)
54.) Medicines (2019; 1 total)
53.) Pediatric Research (2019; 1 total)
52.) International Journal of Sport and Exercise Psychology (2019, 2020; 2 total)
51.) Journal of Racial and Ethnic Minorities (2019; 1 total)
50.) International Journal of Medical Research (2019; 1 total)
49.) American Journal of Health Promotion (2019, 2020, 2021, 2022; 9 total)
48.) Evaluation and Program Planning (2018, 2019; 3 total)
47.) Journal of Teaching in Physical Education (2019, 2020, 2021, 2022, 2023; 15 total)
46.) Frontiers in Public Health (2019, 2023; 2 total)
45.) Journal of Paediatrics and Child Health (2018, 2019; 2 total)
44.) International Journal of Disability, Development, and Education (2019; 1 total)
43.) European Journal of Sports Sciences (2018, 2020; 2 total)
42.) Cognitive Development (2018; 2 total)
41.) Disability and Rehabilitation (2018, 2019; 2 total)
40.) European Journal of Pediatrics (2018, 1 total)
39.) International Journal of Environmental Research and Public Health (2018, 2019, 2020, 2021; 13 total)
38.) Scandinavian Journal of Medicine and Science in Sport (2018, 2020, 2021, 2022, 2024; 8 total)
37.) Patient Education and Counseling (2018; 2 total)
36.) Nutrients (2018; 3 total)

35.) International Journal of Obesity (2018; 1 total)
34.) International Journal of Epidemiology (2017; 1 total)
33.) American Journal of Health Behavior (2017, 2018, 2019, 2020; 5 total)
32.) Pediatric Exercise Science (2017, 2018, 2019, 2020; 5 total)
31.) Measurement in Physical Education and Exercise Science (2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024; 19 total)
30.) Journal of Functional Morphology and Kinesiology (2018; 1 total)
29.) Journal of Motor Learning and Development (2017, 2018, 2019, 2020; 4 total)
28.) Games for Health Journal (2017, 2023; 2 total)
27.) Journal of Testing and Evaluation (2017; 1 total)
26.) Preventing Chronic Disease (2016, 2017, 2019, 2020; 5 total)
25.) Research Quarterly for Exercise and Sport (2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024; 56 total)
24.) Journal of Positive Behavior Interventions (2016, 2018; 2 total)
23.) Jornal de Pediatra (2016; 1 total)
22.) Journal of Sports Sciences (2016, 2020, 2021, 2022; 8 total)
21.) BMC Public Health (2016, 2017, 2018, 2019, 2020; 14 total)
20.) BMC Pediatrics (2016, 2017, 2018, 2019; 4 total)
19.) Journal of Science and Medicine in Sport (2016, 2017, 2018, 2019, 2020; 2021, 2022; 19 total)
18.) Disability and Health Journal (2016, 2017, 2018, 2019, 2020; 16 total)
17.) Clinical Medicine Insights: Women's Health (2016; 1 total)
16.) Preventive Medicine (2015, 2016, 2017, 2018, 2019, 2020, 2021; 37 total)
15.) Preventive Medicine Reports (2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024; 70 total)
14.) BMJ Open (2016, 2018, 2019, 2020; 9 total)
13.) Italian Journal of Pediatrics (2016, 2017; 1 total)
12.) Journal of Physical Activity and Health (2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023; 37 total)
11.) PLoS One (2015, 2016, 2018, 2019; 4 total)
10.) Pediatric Obesity (2015, 2016, 2020; 3 total)
9.) Medicine and Science in Sports and Exercise (2015, 2017, 2018, 2019, 2020; 10 total)
8.) Journal of Sports Medicine and Physical Fitness (2015, 2017, 2018; 7 total)
7.) Perceptual and Motor Skills (2015, 2017, 2018, 2019, 2020, 2021, 2022, 2023; 46 total)
6.) Sensors (2015; 1 total)
5.) European Physical Education Reviews (2015; 1 total)
4.) British Journal of Medicine and Medical Research (2014; 1 total)
3.) Journal of Sport and Health Science (2014, 2018, 2019, 2020, 2021, 2022, 2023; 16 total)
2.) Balkan Medical Journal (2014; 1 total)
1.) African Health Studies (2014; 1 total)

National Conference Abstract Reviewer

7.) SHAPE America Review Panel Chair – Measurement & Evaluation Section (2023)
6.) SHAPE America Review Panel Chair - Exercise Science Section (2021)
5.) SHAPE America Review Panel Chair - Exercise Science Section (2019)
4.) SHAPE America Research Consortium - Exercise Science Section (2019, 2020)
3.) SHAPE America Research Consortium - Measurement and Evaluation Section (2019, 2020, 2021, 2022, 2023)
2.) APHA Annual Meeting (2019, 2020, 2021)
1.) SHAPE America Research Consortium Physical Activity and Health Promotion Section (2017, 2018, 2022, 2023)

National Conference Session Presider

1.) Physical Activity and Health Promotion Poster Session**,** SHAPE America Research Consortium (2018)

Textbook Proposal Review

1.) Williams, S. M., & Lacy, A. C. (9th ed.) (2023 proposed). *Measurement and Evaluation in Physical Education and Exercise Science*. Routledge.

Search Committee

1.) Assistant Professor Search, Physical Activity and Wellbeing, Department of Health and Kinesiology, University of Utah (2018-2019)

Department Committee

2.) Committee Chair, Scholarship and Awards, Department of Health and Kinesiology, University of Utah (2024–)
1.) Committee Member, Scholarship and Awards, Department of Health and Kinesiology, University of Utah (2018–2023)

Community Volunteer

3.) Skullcandy™-Sports Performance Data Analyst (2015-2016)
2.) Utah Catholic Athletic Association-Assistant Basketball Coach (2013-2014)
1.) North Allegheny Tiger Pride-Assistant Coach 9-10-year-old Youth Football (2003-2006)