

Curriculum vitae  
Yang Bai, Ph.D.

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Salt Lake City, Utah 84112  
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**Education**

Doctorate of Philosophy

Physical Activity Assessment and Health Promotion  
Major: Kinesiology  
Minor: Statistics in Department of Statistics  
Iowa State University, Ames, IA, USA  
May 2016  
Major Professor: Dr. Gregory J. Welk  
Minor Professor: Dr. Chong Wang

Master of Science

Physical Activity Assessment and Health Promotion  
Major: Kinesiology  
Iowa State University, Ames, IA, USA  
September 2012  
Major Professor: Dr. Gregory J. Welk

Bachelors of Science

Major: Kinesiology  
Shanghai University of Sport, Shanghai, China  
June, 2010

**Academic Appointment**

2019-	Assistant Professor	University of Utah
2016-2019	Assistant Professor	University of Vermont
2010-2016	Teaching and Research Assistant	Iowa State University

**Funded Research Grants**

University of Utah College of Health      Bai (PI)      03/01/2020 – 02/28/2021  
Technology-enhanced Eating and Activity study for Children's Health (TEACH): A Pilot Study  
\$22,500

To examine feasibility and effectiveness of using innovative mobile health approach to promote active living lifestyles and healthy eating behaviors in youth populations.

Role: PI

NFL Foundation & Subcontract from Iowa State University Bai (PI) 05/02/2020 – 12/31/2020  
Supplemental Evaluation of NFL Play60 FitnessGram Project

\$17,500

To advance understanding of the factors that influence the successful adoption and utilization of the FITNESSGRAM (FG) program and associated NFL PLAY 60 Resources.

Role: PI

Conrad Hilton Foundation Bai (Sub contract PI) 08/26/2019 – 06/30/2020  
University of Vermont Wellness Environment \$51,198

The project aims to teach and promote college students about the four pillars of wellness, fitness, mindfulness, nutrition, and mentorship in order to reduce the number of risky behaviors made through an interactive smartphone app.

Role: PI

Conrad Hilton Foundation Hudziak (PI) 07/01/2017 – 06/30/2020  
University of Vermont Wellness Environment \$1,900,000

The project aims to teach and promote college students about the four pillars of wellness, fitness, mindfulness, nutrition, and mentorship in order to reduce the number of risky behaviors made through an interactive smartphone app.

Role: Co-I

The Cooper Institute Bai (PI) 06/15/2017 – 10/31/2017  
Evaluation of Texas FitnessGram Outcomes in 2014-2016 \$14,636

To provide a comprehensive evaluation of the Texas FitnessGram dataset which includes annual data from more than 3 million Texas youth.

Role: PI

University of Vermont Center for Teaching and Learning Bai (PI) 05/15/2017 – 05/14/2018  
Hybrid Course Initiative \$1,500

Faculty and course development initiative to enhance faculty knowledge and skills in designing and teaching hybrid and flipped classroom courses.

Role: PI

University of Vermont EEPSS Bai (PI) 12/1/2016 – 08/30/2017  
Fight Hypertension in the Digital Age \$3,000

To examine the activity trackers feasibility as a behavior change strategy of themselves or as an adjunct to traditional methods among population with hypertension.

Role: PI

NFL Foundation & Subcontract from Iowa State University Bai (PI) 08/16/2016 – 08/15/2019  
NFL PLAY 60 FITNESSGRAM project \$63,064

To advance understanding of the factors that influence the successful adoption and utilization of the FITNESSGRAM program and associated NFL PLAY 60 Resources.

Role: Subcontract PI

### **Research Grants-Submitted/in Review**

### **Research Grants-Not funded**

NIH R01 PA-18-856. Measurement Error Modeling to Enhance Calibration of the Youth Activity Profile. IN REVIEW – Spring 2020  
Welk (PI), Role: Consultant

NIH R03 PAR-19-276. Implementation barriers and facilitators of the NFL PLAY 60 FitnessGram Partnership Project. (**Impact score=35/29%**) Not funded – Fall 2019  
\$100,000.00 total direct costs. **Bai (PI)**, Welk (Co-PI), Burns (Co-PI), Brusseau (Co-PI)

NIH R01 RFA-NR-20-001. Testing the effect of Comprehensive School Physical Activity Programming and Active Gaming in rural Utah schools. Not funded – Fall 2019  
\$1,250,000.00 total direct costs. Burns (PI), Role: Co-I

NIH R21 PA-18-857. Development of SOGAME: System for Observing Gaming Active Movement and Exercise. Not funded – Fall 2019  
\$275,000.00 total direct costs. Burns (PI), Role: Co-I

NIH K99/R00 1K99CA246096-01 Pathway to Independence Award for Outstanding Early Career Post-Doctoral Researchers. A multi-level, systems-based approach for evaluation of physical activity and sedentary behavior in youth. Not funded – Spring 2019  
\$976,137. Gabriella McLoughlin (PI), Role: Mentor

NIH R03HD101079. Bemobile Remote Physical Activity Intervention for Rural Cancer Survivors after Oncology Rehabilitation. Not funded – Spring 2019,  
\$200,000.00 total direct costs. Gell NM (PI), Role: Co-I

### **Publications – Research Papers**

1. Copeland, W., McGinnis, E., **Bai, Y.**, Nardone, H., Devadanam, V., Rettew, J., & Hudziak, J. (2020). Impact of COVID on College Student Mental Health and Wellness. *Journal of the American Academy of Child and Adolescent Psychiatry*.
2. Burns, R. D., **Bai, Y.**, & Brusseau, T. A. (2020). Physical activity and sports participation associates with cognitive functioning and academic progression: an analysis using the combined 2017-2018 National Survey of Children's Health. *Journal of Physical Activity & Health*.
3. Copeland, W., **Bai, Y.**, Adams, Z., Lerner, M., King, J., Szopinski, S., Devadanam, V., Rettew, J., & Hudziak, J. (2020). Daily Wellness Behaviors in College Students across a School Year. *Journal of American College Health*.
4. Vazou, S., **Bai, Y.**, McLoughlin, G., & Welk, G.J. Self-Regulations for Educators Questionnaire (SREQ) for implementation programming. (2020) *Translational Behavioral Medicine*.
5. Burns, R. D., Colotti, T., Pfladderer, C., Fu, Y., **Bai, Y.**, & Byun, W. (2020) Familial factors associating with youth physical activity using a national sample. *Children*.
6. Burns, R. D., **Bai, Y.**, Byun, W., Colotti, T., Pfladderer, C., Kwon, S., & Brusseau, T. A. (2020) 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*.
7. Meier, N., **Bai, Y.**, Wang, C., & Lee, DC. (2020) Validation of a Multi-Electrode Bioelectrical Impedance Analyzer with a Dual-Energy X-Ray Absorptiometer for the Assessment of Body Composition in Older Adults. *Journal of Aging and Physical Activity*
8. Burns, R. D., **Bai, Y.**, Fu, Y., & Brusseau, T. A. (2020). Associations of adolescent lifestyle behaviors with body mass index within a nationally representative sample of US adolescents: A quantile regression analysis. *Public Health*, 179, 51-58.

9. McLoughlin, G., **Bai, Y.**, & Welk, G.J. (2020) Longitudinal Associations Between Aerobic Capacity and Academic Achievement in Youth. *Medicine & Science in Sports & Exercise*.
10. Burns, R. D., **Bai, Y.**, Fu, Y., Pfladderer, C. D., & Brusseau, T. A. (2019). Parent engagement and support, physical activity, and academic performance (PESPAAP): A proposed theoretical model. *International Journal of Environmental Research and Public Health*, 16, 4698.
11. Welk, G.J., **Bai, Y.**, Lee, J.M., Godino, J., Saint-Maurice, PF., & Carr, L. (2019) Standardizing analytic methods and reporting in activity monitor validation studies: Guidelines to advance research and use in mHealth applications. *Medicine & Science in Sports & Exercise*.
12. **Bai, Y.**, Copeland, W., Adams, Z., Lerner, M., King, J., Szopinski, S., Devadanam, V., Rettew, J., & Hudziak, J. (2019) The University of Vermont Wellness Environment: Feasibility and Initial Results of a College Undergraduate Health-Promoting Program. *Child and Adolescent Psychiatric Clinics*.
13. Ellingson, L., Lansing, J.E., DeShaw, K., Peyer, K., **Bai, Y.**, Perez, M., Phillips, A., & Welk, G.J. (2019) Evaluating motivational interviewing and habit formation to enhance the effect of activity trackers on healthy adults' activity levels. *JMIR mHealth and uHealth*.
14. Yi, X., You, F., Burns, R., **Bai, Y.**, & Zhang, P. (2019) Body Mass Index and Physical Fitness among Chinese Adolescents from Shandong Province: A Cross-sectional Study. *BMC Public Health*.
15. Saint-Maurice, PF., **Bai, Y.**, Vazou, S., & Welk, G.J. (2018) Youth physical activity patterns during School and Out-of-School time. *Children*.
16. Southard, K., Ellingson, L., **Bai, Y.**, Lansing, J., Perez, M., & Welk, G.J. (2018) Methods for Activity Monitor Validation Studies: An Example With the Fitbit Charge. *Journal for the Measurement of Physical Behaviour*.
17. **Bai, Y.**, Allums-Featherston, KA., Saint-Maurice, PF., Welk, G.J., & Norman, C. (2018) Evaluation of Youth Enjoyment toward Physical Activity and Physical Education. *Pediatric Exercise Science*.
18. **Bai, Y.**, Hibbing, P., Mantis, C., & Welk, G.J. (2018) Comparative evaluation of heart rate-based monitors: Apple Watch vs Fitbit Charge HR. *Journal of Sports Sciences*.
19. Dixon, P., Saint-Maurice, PF., Kim, Y., Hibbing, P., **Bai, Y.**, & Welk, G.J. (2018) A primer on the use of equivalence testing for evaluating measurement agreement. *Medicine & Science in Sports & Exercise*.
20. Bus, K., Peyer, K., **Bai, Y.**, Ellingson, L., & Welk, G.J. (2017) Comparison of In-Person and Online Motivational Interviewing–Based Health Coaching. *Health Promotion Practice*.
21. Saint-Maurice, PF., **Bai, Y.**, & Welk, G.J. (2017) The Healthy Fitness Zone continuum as a measure of change in youth BMI: an example using 2012-2014 data from Georgia. *Public Health Report*.
22. **Bai, Y.**, Saint-Maurice, PF., & Welk, G.J. (2017) Fitness Trends and Disparities Among School-Aged Children in Georgia, 2011-2014. *Public Health Report*.
23. Saint-Maurice, PF., **Bai, Y.**, Welk, G.J., Allums-Featherston, KA., Norman, C., & Bandelli, NL. (2017) Impact of NFL PLAY 60 programming on elementary school children's body mass index and aerobic capacity: The NFL PLAY 60 FitnessGram Partnership Project. *Journal of School Health*.
24. **Bai, Y.**, & Welk, G.J. (2017) School and County Correlates Associated with Youth Body Mass Index. *Medicine & Science in Sports & Exercise*.
25. **Bai, Y.**, Saint-Maurice, PF., Welk, G.J., Russell, DW., Allums-Featherston, KA., & Norman, C. (2017) The longitudinal Impact of NFL PLAY 60 Programming on Youth Aerobic Capacity and BMI. *American Journal of Preventive Medicine*.
26. Saint-Maurice, PF., Welk, G.J., Anderson, K. & **Bai, Y.** (2016) Agreement between estimates of VO2 predicted from PACER and One-Mile Run time equated laps. *Research Quarterly for Exercise and Sport*.
27. **Bai, Y.**, Saint-Maurice, PF., Welk, G.J., Allums-Featherston, KA., & Norman, C. (2016) Explaining disparities in youth aerobic fitness and body mass index: relative impact of socioeconomic and minority status. *Journal of School Health*.

28. **Bai, Y.**, Chen, S., Laurson, K., Kim, Y., Saint-Maurice, P., & Welk, G.J. (2016) The Associations of Youth Physical Activity and Screen Time with Fatness and Fitness: A Cross Sectional Study. *Plos One*. 11(1): e0148038.
29. Welk G.J, **Bai Y.**, Saint-Maurice PF, Candelaria N, Allums-Featherston KA, & Anderson K. (2016) Design and Evaluation of the NFL PLAY 60 FITNESSGRAM Partnership Project. *Research Quarterly for Exercise and Sport*. 87(1):1-13.
30. Lee, J.M., Kim, Y., **Bai Y.**, Gaesser, G.A., & Welk, G.J. (2016) Validation of the SenseWear mini armband in children during semi-Structure activity settings. *Journal of Science and Medicine in Sport*. 19(1):41-5.
31. **Bai, Y.**, Saint-Maurice, PF., Welk, G.J., Allums-Featherston, KA., Norman, C., & Anderson, K. (2015) Prevalence of youth fitness in U.S.: Baseline results from the NFL PLAY 60 FITNESSGRAM project. *Journal of Pediatrics*. 167(3):662-8.
32. **Bai, Y.**, Welk G.J., Nam, Y.H., Lee, J.A., Lee, J.M., Kim, Y., Meier, N.F., & Dixon, P.M. (2015). Comparison of consumer and research monitors under semistructured settings. *Medicine & Science in Sports & Exercise*. 48(1):151-8.
33. **Bai, Y.**, Chen, S., Vazou, S., Welk, G.J., & Schaben, J. (2015). Mediated effects of perceived competence on youth physical activity and sedentary behavior. *Research Quarterly for Exercise and Sport*. 86(4):406-13.
34. Chen, S., **Bai, Y.**, Welk, G.J., Vazou, S., & Schaben, J. (2015) Measurement and Invariance Characteristics of Youth Physical Activity Correlates. 18(2):172-7. *Journal of Science and Medicine in Sport*.
35. Saint-Maurice, PF., Welk, G.J., **Bai, Y.**, & Featherston, K.A. (2014). Comparison of screening methods for evaluating school-level fitness patterns in youth: Findings from the NFL PLAY 60 FITNESSGRAM Partnership Project. *Open Journal of Preventive Medicine*.
36. Kim, Y., Lee, J.M., Laurson, K., **Bai, Y.**, Gaesser, G.A., & Welk, G.J. (2014) Accuracy of neck circumference in classifying overweight and obese US children. *ISRN Obesity*. 2014:781841.

### **Publications – In Review**

1. **Bai, Y.**, Tompkins, C., Gell, N., Dione, D., Zhang, T., & Byun, W. In review. Comprehensive comparison of Apple Watch and Fitbit monitors in a free-living setting.
2. **Bai, Y.**, Copeland, W., Burns, R. D., Nardone, H., Devadanam, V., Rettew, J., & Hudziak, J. Ecological Momentary Assessed Physical Activity and Wellness Behaviors in College Students across a School Year.
3. Strehli, I., Burns, R. D., **Bai, Y.**, Ziegenfuss, D., Block, M., & Brusseau, T. Mind-Body Physical Activity Interventions and Stress-Related Physiological Markers in Educational Settings: A Systematic Review and Meta-Analysis.
4. Rettew, D., McGinnis, E., Copeland, W., Nardone, H., **Bai, Y.**, Rettew, J., Devadanam, V., & Hudziak, J. Personality Trait Predictors of Adjustment During the COVID19 Pandemic Among College Students.
5. Chen, H., Liu, J., & **Bai, Y.** Global accelerometer-derived physical activity levels from preschoolers to adolescents: A systematic review, subgroup analysis, and meta-analysis

### **Publications – Conference Abstracts**

1. **Bai, Y.**, Copeland, W., Adams, Z., Lerner, M., Devadanam, V., Rettew, J., & Hudziak, J. (2020). Ecological momentary assessment in physical activity and health behaviors among college students. Virtually presented at 2020 International Society of Behavior Nutrition and Physical Activity annual convention, Auckland, New Zealand.

2. 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. Presented at 2020 ACSM annual meeting, San Francisco, CA.
3. **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. Presented at 2020 ACSM annual meeting, San Francisco, CA.
4. **Bai, Y.**, McLoughlin, G., & Welk, G. (2020). School Implementation of Physical Activity and Healthy Eating Programs: Results from the NFL Play 60 FitnessGram® Partnership Project Phase III. Presented at 2020 SHAPE America national convention, Salt Lake City, UT.
5. Burns, R. D., Pfladderer, C., Colotti, T., Byun, W., **Bai, Y.**, & Brusseau, T. A. (2019) Bidirectional relationships of physical activity and gross motor skills over summer break: application of a cross-lagged panel model. Presented at 2019 APHA annual meeting, Philadelphia, PA.
6. Adams, Z., King, J., Lerner, M., **Bai, Y.**, Copeland, W., Rettew, J., Hudziak, J., & Brewer, J. (2019) Unwinding Anxiety: Using Technology to Promote Mental Health in College Students. Presented at 2019 American Academy of Child & Adolescent Psychiatry annual meeting, Chicago, IL.
7. **Bai, Y.**, Copeland, W., Lerner, M., Rettew, J., & Hudziak, J. (2019) Examining Trends in Mood in Relation to Daily Wellness and Risk Behaviors in a College Student Population. Presented at 2019 American Academy of Child & Adolescent Psychiatry annual meeting, Chicago, IL.
8. King, J., Adams, Z., Copeland, W., Lerner, M., **Bai, Y.**, Rettew, J., & Hudziak, J. (2019) Wellness Environment Health Promotion App Study: Longitudinal Trends in Adult Self-Report Subscale Scores. Presented at 2019 American Academy of Child & Adolescent Psychiatry annual meeting, Chicago, IL.
9. Lerner, M., Copeland, W., **Bai, Y.**, Adams, Z., King, J., Rettew, J., & Hudziak, J. (2019) Mood and Wellness-Related Behaviors in the University of Vermont Wellness Environment: Analysis of Bidirectional Longitudinal Relations. Presented at 2019 American Academy of Child & Adolescent Psychiatry annual meeting, Chicago, IL.
10. **Bai, Y.**, & Welk, G. (2019) Longitudinal Association Between Youth Fitness and Academic Achievement. Presented at 2019 SHAPE America national convention, Tampa, FL.
11. Lerner, M., **Bai, Y.**, Adams, Z., Ellis, J., Ivanova, M., King, J., & Hudziak, J. (2018) Exploring Correlates of Physical Activity Level as Measured by Smartwatch: An Initial Examination of Gender, Living Environment, and Seasonal Effects. Presented at 2018 American Academy of Child & Adolescent Psychiatry annual meeting, Seattle, WA.
12. Hudziak, J., Adams, Z., **Bai, Y.**, King, J., Lerner, M., Ellis, J., & Rettew, J. (2018) University of Vermont Wellness Environment: Preliminary Results of the Screening, Brief Intervention, and Referral to Treatment Pre- and Mid-Year Screening Survey. Presented at 2018 American Academy of Child & Adolescent Psychiatry annual meeting, Seattle, WA.
13. **Bai, Y.**, Yi, X., Fu, Y., Burns, R., & Zhang, P. (2018) Body Mass Index and Physical Fitness among Chinese Adolescents from Shandong Province: A Cross-sectional Study. Presented at 2018 International Society of Behavior Nutrition and Physical Activity annual convention satellite meeting, Beijing, China.
14. Zhu, Z., Ma, S., **Bai, Y.**, Tang, Y., Zhuang, J., Liu, Y., Chen, P., & Cao, Z. (2018) Associations of Physical Activity And Screen Time With Obesity In Chinese Children And Adolescents. Presented at the 2018 ACSM national convention, Minneapolis, MN.

15. **Bai, Y.** (2018) Youth Fitness Surveillance – Considerations for School, District and State Level Tracking. Presented at 2018 SHAPE America national convention-Measurement and Evaluation Symposium, Nashville, TN.
16. Stoeckel, K., Koski, L., Neeb, M., **Bai, Y.**, & Gell, N. (2017) How accurate are consumer monitors in estimating activity minutes in a free-living setting? Presented at the 2017 New England ACSM conference, Providence, RI.
17. Taylor, H., Park, E., Dione, D., **Bai, Y.**, & Gell, N. (2017) Validity of activity monitors on step estimation in a free-living setting. Presented at the 2017 New England ACSM conference, Providence, RI.
18. **Bai, Y.**, Welk, G.J., Hibbing, P., & Mantis, K. (2017) Which heart rate-based monitor is better: Apple Watch or Fitbit Charge HR? Presented at the 2017 ICAMPAM conference, Bethesda, MD.
19. **Bai, Y.**, Welk, G.J. & Saint-Maurice, P.F., (2017) Associations between enjoyment and both physical activity and sedentary behavior among youth. Presented at 2017 International Society of Behavior Nutrition and Physical Activity annual convention, Victoria, Canada.
20. **Bai, Y.**, Ellingson, L., & Welk, G.J. (2017) The Validity of Fitbit Charge in Free Living Conditions. Presented at the 2017 ACSM national convention, Denver, CO.
21. Meier, N., **Bai, Y.**, & Lee, D.C. (2017) Validation of a Multi-Electrode Bioelectrical Impedance Analysis with a Dual-Energy X-Ray Absorptiometry. Presented at the 2017 ACSM national convention, Denver, CO.
22. Southard, K., Hibbing, P., **Bai, Y.**, Ellingson, L., & Welk, G.J. (2017) Equivalence of self-report and accelerometer measures following a physical activity intervention. Presented at the 2017 ACSM national convention, Denver, CO.
23. Perez, M., Ellingson, L., **Bai, Y.**, Peyer, K., & Welk, G.J. (2017) Physical Activity Trackers in Combination with Motivational Interviewing to Increase Activity. Presented at the 2017 ACSM national convention, Denver, CO.
24. Welk, G., Vazou, S., Chen, S., & **Bai, Y.** (2017) Influence of teacher motivation and school engagement on CSPAP outcomes. Presented at 2017 SHAPE America national convention, Boston, MA.
25. **Bai, Y.**, Zhu, W., & Welk, G.J. (2016) Texas youth fitness surveillance: lessons and future directions. Presented at Symposium of Improve Fitness and health: the Exercise approach, Shanghai, China.
26. Schaben, J., Chen, S., Welk, G., Vazou, S., Liu, Y., & **Bai, Y.** (2016) Physical activity and fitness knowledge: What do they know and does it impact behavior? Presented at the 2016 ACSM national convention, Boston, MA.
27. Welk G.J., **Bai, Y.**, Saint-Maurice P.F., Allums-Featherston, K.A., & Norman, C. (2016) The Impact of NFL PLAY 60 Programming on Youth Fitness outcomes. Presented at the 2016 ACSM national convention, Boston, MA.
28. **Bai, Y.**, Welk G.J., & Allums-Featherston, K.A. (2016) Longitudinal change in youth body mass index in Texas from 2012 to 2015. Presented at the 2016 ACSM national convention, Boston, MA.
29. Saint-Maurice P.F., Hibbling, P., **Bai, Y.**, & Welk, G.J. (2016) Agreement between print and online versions of the Youth Activity Profile. Presented at the 2016 ACSM national convention, Boston, MA.
30. Chen, S., **Bai, Y.**, Liu, Y., Schaben, J., Vazou, S., Welk, G., & Hong, D. (2016) Trend analysis of youth physical activity, sedentary behavior, and motivation. Presented at the 2016 ICSPAH annual forum, Minneapolis, MN.

31. Vazou, S., Welk, G.J., Chen, S., & **Bai, Y.** (2016) Self-Regulations for Educators Questionnaire (SREQ): Measurement Development and Validation. Presented at 2016 Shape America national Convention & Expo, Minneapolis, MN.
32. Welk G.J., Saint-Maurice P.F., & **Bai, Y.** (2016). Application of the Youth Activity Profile for evaluating youth physical activity and sedentary behavior. Presented at 2016 Shape America national Convention & Expo, Minneapolis, MN.
33. Saint-Maurice, P.F., **Bai, Y.**, & Welk, G.J. (2015) The Healthy Fitness Zone continuum as a measure of change in youth BMI: an example using 2012-2014 data from Georgia. Presented at Georgia Shape Research Symposium, Athens, GA.
34. **Bai, Y.**, Saint-Maurice, P.F., & Welk, G.J. (2015) Longitudinal youth fitness trends and disparity in the state of Georgia. Presented at Georgia Shape Research Symposium, Athens, GA.
35. Lee, J.A., **Bai, Y.**, Laurson, K.R., & Welk, G.J. (2015) Comparison between Child and Parent Reporting of Children's Obesogenic Behaviors. Presented at Midwest American College of Sports Medicine 43rd Annual Meeting, Ft. Wayne, IN.
36. **Bai, Y.**, Saint-Maurice P.F., Welk G.J., Norman, C., & Allums-Featherston, K.A. (2015). Physical Activity Promotion Program Effectiveness on Changing Youth Aerobic Capacity and BMI Longitudinal Trajectories. Presented at the American College of Sports Medicine 62nd Annual Meeting, San Diego, CA.
37. Allums-Featherston, K.A., Norman C., Saint-Maurice P.F., **Bai Y.**, Welk G.J. (2015). General Physical Education, Students with Disabilities and Fitness Assessment. Presented at the American College of Sports Medicine 62nd Annual Meeting, San Diego, CA.
38. Nam, Y., **Bai Y.**, Lee J.A., Kim Y., Lee J.M., Meier N.F., & Welk G.J. (2015). Validity of consumer-based physical activity monitors in semi free-living environment. Presented at the American College of Sports Medicine 62<sup>nd</sup> Annual Meeting, San Diego, CA.
39. Motz, Z., **Bai Y.**, Kim Y., Dinkel, D., & Lee J.M. (2015). Validity of Wearable Activity Monitors for Estimation of Resting Energy Expenditure in Adults. Presented at the American College of Sports Medicine 62<sup>nd</sup> Annual Meeting, San Diego, CA.
40. Welk, G.J., Zhu, W., Saint-Maurice, P., & **Bai, Y.** (2015) Surveillance of Health-related Fitness with FITNESSGRAM: Challenges and Solutions. Symposium presented at 2015 Shape America national Convention & Expo, Seattle, WA.
41. Allums-Featherston, K.A., Norman, C., Anderson, K., **Bai, Y.**, & Saint-Maurice, P. (2015) NFL PLAY60 FITNESSGRAM-Closing the Gap Between Good and Great Teachers. Presented at 2015 Shape America national Convention & Expo, Seattle, WA.
42. Welk, G.J. & **Bai, Y.** (2015) Effective use of FITNESSGRAM: Lessons Learned from the NFL PLAY60 FITNESSGRAM Partnership Project. Presented at 2015 Shape America Central District Conference, Moorhead, MN.
43. **Bai, Y.** (2014) Overview of the Iowa FITNESSGRAM Initiative and Demonstration of Measurement Tools. Presented at 2014 IAHPERD State Convention, Ames, IA.
44. **Bai, Y.**, Saint-Maurice, P., Kim, Y., Osthus, D., Mahar, M.T., & Welk, G.J. (2014) The impact of BMI on aerobic fitness achievement with both the One-mile run and PACER test. Presented at the American College of sports Medicine 61<sup>th</sup> Annual Meeting, Orlando, FL.
45. Chen, S., **Bai, Y.**, P., Welk, G.J., Vazou, S., & Schaben, J. (2014) Measurement and Invariance Characteristics of Youth Physical Activity Correlates. Presented at the American College of sports Medicine 61<sup>th</sup> Annual Meeting, Orlando, FL.



46. Welk, G.J., Saint-Maurice, P., **Bai, Y.**, Featherston, K.A., & Anderson, K. (2014) The Impact of NFL PLAY 60 Programs on Health-Related Fitness Outcomes. Presented at the American College of sports Medicine 61<sup>th</sup> Annual Meeting, Orlando, FL.
47. Welk, G.J., Saint-Maurice, P., **Bai, Y.**, Featherston, K.A., Anderson, K., & Stefko, J. (2014) Overview and Outcomes from the NFL PLAY60 FITNESSGRAM Partnership Project. Symposium presented at 2014 AAHPERD national Convention & Expo, ST.Louis, MO.
48. **Bai, Y.**, & Welk, G.J. (2013). Validity of the Online Youth Activity Profile for Youth Activity Assessment. Presented at the American College of sports Medicine 60th Annual Meeting, Indianapolis, IN.
49. Kim, Y.W., Crouter, S.E., Lee, J.M., **Bai, Y.**, Gaesser, G.A., & Welk, G.J. (2013). Comparisons of prediction equations for estimating energy expenditure in youth. Presented at the American College of sports Medicine 60th Annual Meeting, Indianapolis, IN.
50. Kim, Y.W., Lee, J.M., **Bai, Y.**, Gaesser, G.A., & Welk, G.J. (2012). Comparison between Sensewear Mini Armband and Actigraph accelerometers in classifying physical activity intensities in youth. Presented at the American College of sports Medicine 59th Annual Meeting, San Francisco, CA.
51. Lee, J.M., Kim, Y.W., **Bai, Y.**, Gaesser, G.A., & Welk, G.J. (2012). Validation of New (Version 8.0) SenseWear mini Armband Algorithms in Children. Presented at the American College of sports Medicine 59th Annual Meeting, San Francisco, CA.

### **Teaching Experience**

- Fall, 2020      Physical Activity Epidemiology, University of Utah  
Role: Instructor
- Spring, 2020    Exercise Programming: Assessment & Delivery, University of Utah  
Role: Instructor
- Spring, 2019    Research method, University of Vermont  
Role: Instructor
- Fall, 2017, 2018   Physical Activity Measurement in Children and Youth, University of Vermont  
Role: Instructor
- Spring, 2017    Research method, University of Vermont  
Role: Instructor
- Spring, 2015    Physical Activity Assessment for Health Related Research, Iowa State University  
Role: Teaching assistant
- Fall, 2014      Concepts of Fitness and Wellness, Iowa State University  
Role: Teaching assistant
- Spring, 2014    Measurement in Physical Education, Iowa State University  
Role: Instructor

### **Awards**

- AKA Graduate Student Writing Award (Spring 2016)  
Provided by American Kinesiology Association
- Alice Ford FCS Scholarship (Spring, 2016) - \$650  
Provided by College of Human Sciences  
Iowa State University

University Research Excellence Award (Spring 2016)  
Provided by Iowa State University

Travel Grant (Spring, 2015) - \$600  
Provided by Department of Kinesiology,  
Iowa State University  
For American College of sports Medicine 62nd Annual Meeting, San Diego, CA.

Travel Grant (Spring, 2015) - \$1,200  
Provided by Research grant of Dr. Gregory Welk, Iowa State University,  
Iowa State University  
For 2015 Shape America national Convention & Expo, Seattle, WA.

CHS Scholarship (Fall, 2014) - \$500  
Provided by College of Human Sciences  
Iowa State University

Travel Grant (Spring, 2014) - \$600  
Provided by Department of Kinesiology and Graduate and Professional Student Senate,  
Iowa State University  
For American College of sports Medicine 61th Annual Meeting, Orlando, FL.

Travel Grant (Spring, 2014) - \$400  
Provided by Research grant of Dr. Gregory Welk, Iowa State University,  
Iowa State University  
For 2014 AAHPERD national Convention & Expo, ST.Louis, MO.

CHS Scholarship (Fall, 2013) - \$500  
Provided by College of Human Sciences  
Iowa State University

Travel Grant (Spring, 2013) - \$600  
Provided by Department of Kinesiology and Graduate and Professional Student Senate,  
Iowa State University  
For American College of sports Medicine 60th Annual Meeting, Indianapolis, IN.

Travel Grant (Spring, 2012) - \$600  
Provided by Department of Kinesiology and Graduate and Professional Student Senate,  
Iowa State University  
For American College of sports Medicine 59th Annual Meeting, San Francisco, CA.

Research Scholarship (Spring, 2012) - \$1,400  
Provided by College of Human Sciences  
Iowa State University

First-class Scholarship (Fall, 2009) - ¥5,000  
Provided by Shanghai University of Sport,  
China

Shanghai Undergraduate Scholarship (Fall, 2008) - ¥8,000  
Provided by Department of Education at Shanghai,  
China

National Scholarship (Fall, 2007) - ¥8,000  
Provided by Department of Education,  
China

### **Fee-for-services**

2012 - 2013 Fitness and academic achievement data processing for Cobb county  
Funding source: Cobb county (Mark Anderson)  
Amount: \$2,000

Role: Data processing and analyses

### **Professional Organization memberships**

American College of Sport Medicine, 2012-present  
Society of Health and Physical Educators America, 2013-present  
International Society of Behavior Nutrition and Physical Activity, 2016-present  
International Society for the Measurement of Physical Behavior, 2016-present

### **Professional societies**

2017- current Ad Hoc SAB FitnessGram Surveillance Committee  
2017- 2018 Youth Fitness Assessment in 21st Century: Issues, Challenges & Future Directions  
Scientific Committee  
2018- current Section editor of Measurement in Physical Education and Exercise Science

### **Guest Editor**

BioMed Research International Special Issue on Epidemiological Research in Physical Activity and Sedentary Behaviors

### **Journal Reviewer**

2016- current Journal of Strength and Conditioning  
2016- current Scientific Reports  
2016- current Journal of Science and Medicine in Sport  
2016- current Measurement in Physical Education and Exercise Science  
2016- current American Journal of Physiology-Regulatory, Integrative and Comparative  
2016- current International Journal of Behavior Nutrition and Physical Activity  
2016- current Research Quarterly for Exercise and Sport  
2016- current Pediatrics  
2017- current American Journal of Epidemiology  
2017- current BioMed Research International  
2017- current Journal of Physical Activity and Health  
2017- current Preventive Medicine  
2017- current Childhood obesity  
2018- current Journal of Sports Sciences  
2018- current Journal for the Measurement of Physical Behaviour  
2018- current Journal of Teaching in Physical Education