

Samantha Moss, Ph.D.

Assistant Professor | Kinesiology Department | State University of New York at Cortland
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EDUCATION

Ph.D. in Kinesiology

Successful Defense Aug 2022

The University of Texas at Arlington, Arlington, Texas
Movement and Rehabilitation Science Track: Motor Development

Advisor: Xiangli Gu, PhD

Dissertation: *Reducing Disparities in Physical Activity and Early Child Development: A Systematic and Observational Approach*

Master of Science

Aug 2016 - May 2018

State University of New York at Cortland, Cortland, New York

Exercise Science

Advisor: Larissa True, PhD

Bachelor of Science

Aug 2012 – May 2016

State University of New York at Plattsburgh, Plattsburgh, New York

Kinesiology

RESEARCH INTERESTS

- Child movement behaviors (physical activity, sedentary behavior), health-related fitness and motor skill competency
- Obesity prevention through interventions based on socioecological frameworks
- Social and built environmental correlates of children's movement behaviors, motor behaviors, health-related fitness, and overall development for health promotion and obesity and developmental delay prevention
- Future implementation of evidence-based interventions to maximize children's physical activity, health-related fitness, and motor skill competency through home, school, and community-based settings
- Trajectory of children's movement behaviors, health-related fitness and motor skill competency and the impact of overall health and obesity
- Childhood obesity and comorbidities associated throughout developmental time
- Marginalized and vulnerable children population's movement behaviors, health-related fitness, and motor skill competency in relation to trajectory of adulthood obesity

PROFESSIONAL EXPERIENCE

Assistant Professor

August 2022 – present

Kinesiology Department, State University of New York at Cortland, Cortland, New York

Adjunct Instructor

January 2022 – present

Health and Human Performance Department, Texas A&M University – Commerce, Commerce, Texas

Graduate Teaching Assistant

Aug 2019 – May 2022

Department of Kinesiology, The University of Texas at Arlington, Arlington, Texas

Lab Coordinator
Aug 2019 – August 2022

Movement of Physical Activity and Epidemiology
Laboratory, Department of Kinesiology, The University
of Texas at Arlington, Arlington, Texas

Teaching Assistant/Co-Instructor
Aug 2019 – May 2022

Department of Kinesiology, The University of Texas at
Arlington, Arlington, Texas

Adjunct Instructor
Aug 2017 – May 2018

Department of Kinesiology, State University of New
York at Cortland, Cortland, New York

TEACHING EXPERIENCE

Department of Kinesiology, State University of New York at Cortland, Cortland, New York

2 sections: *Undergraduate Motor Control and Learning*

2 sections: *Undergraduate Research Skills in Kinesiology*

1 section: *Graduate Advanced Motor Behavior*

8 lab sections: *Undergraduate Motor Behavior*

Health and Human Performance Department, Texas A&M University – Commerce, Commerce, Texas

2 sections: *Undergraduate Motor Learning and Control – Online*

1 section: *Undergraduate Measurement and Evaluation – Online*

Department of Kinesiology, University of Texas at Arlington, Arlington, Texas

9 lab sections: *Undergraduate Lab Skills in Kinesiology and Exercise Science*

9 lab sections: *Undergraduate Introduction to Exercise Science*

4 lab sections: *Undergraduate Applied Motor Behavior*

4 sections: *Undergraduate Applied Motor Behavior*

1 section: *Undergraduate Research Methods*

2 sections: *Undergraduate Motor Control and Learning*

3 sections: *Graduate Motor Control and Learning*

GRANTS/CONTRACT EXPERIENCE

\$2,000.00 SHAPE Thomas L. McKenzie Research Grant (Graduate student grant). *Environmental Determinants of Physical Activity and Early Child Development.*
Role: Principal Investigator (8/01/2021-8/31/2022)

\$250,000.00 Department of Health & Human Services, Centers for Medicare & Medicaid Services (CMS) Office of Minority Health. *Minority Obesity Vanquished with Education (MOVE) in Head Start.*
Role: Grant Coordinator
UTA PI: Dr. Xiangli Gu (9/30/2020-9/29-2022)

\$535,000.00 W.W. Caruth, Jr. Fund at Communities Foundation of Texas. *Increasing Physical Activity Through Technology, Feedback, and Education.*
Role: Grant Coordinator
KINE PI: Dr. Xiangli Gu; Project PI: Dr. Kate Hyun (6/30/2020-8/30/2022)

\$11,300.00 Neuro-Rehab VR™ Research Donation. *Fall Prevention and Cognitive Training (FACT) among Older Adults: Neuro Rehab VR Implementation.*
Role: Grant Coordinator
PI: Dr. Xiangli Gu (2/30/2020-2/30/2021)

- \$6,000.00 UTA CONHI CRS Pilot Grant. *Toward Health Living: Virtual Reality-Infused Treadmill Training on Aging-Related Outcomes (V-TARGET)*.
Role: Grant Coordinator
PI: Dr. Xiangli Gu (6/01/2020-8/31/2022)
- \$15,000.00 UTA Research Enhancement Program. *Effects of Technology-Infused Recess and Classroom Environments (TRACE) on Movement and Academic Behaviors among Ethnic Minority Young Children*.
Role: Program Manager
PI: Dr. Xiangli Gu (6/01/2019-8/31/2020)

PUBLICATIONS AND SCHOLARLY WORK

Published Works

1. **Moss, S.** & Gu, X. (2022). Home- and community-based interventions for physical activity and early child development: a systematic review of effective strategies. *International Journal of Environmental Research and Public Health*, 19(19), 11968. doi: 10.3390/ijerph191911968
2. **Moss, S.**, Zhang, X., Nelson, L., & Gu, X. (2022). Dose-response relationship of physical activity with cognition and classroom behaviors. *Research Quarterly for Exercise and Sport*, 93, A43-A44.
3. Vanhoose, K., **Moss, S.**, Zhang, X., Taleb, Z.B., & Gu, X. (2022). Disparities in physical activity, tobacco use, and depression during COVID-19. *Research Quarterly for Exercise and Sport*, A41-A42.
4. **Moss, S.**, Zhang, X., Melton, M., Zhang, A., & Gu, X. (2021). Associations of physical activity and sedentary behavior with classroom behavior in preschoolers: A gender-based approach. *Research Quarterly for Exercise and Sport*, 92(1), A-49.
5. Rasberry, J.E., Zhang, X., **Moss, S.**, Chen, S., & Gu, X. (2020). Movement behaviors and health-related fitness among peripubertal adolescents: 2012 NHANES national youth fitness survey data. *Journal of Sports Medicine and Physical Fitness*. doi: 10.23736/S0022-4707.20.11527-5
6. **Moss, S.**, Lind, E., McGinnis, P., Ferkel, R., & True, L. (2020). Relationships among motor competency, perceived motor competency, and health-related fitness in college-aged males. *Sports*, 8(158).
7. Xiang, M., Gu, X., Zhang, X., **Moss, S.**, Huang, C., Nelson, L., & Zhang, T. (2020). Psychosocial mechanism of adolescents' depression: A dose-response relation with physical activity. *Children*, 7(4), 37-46.
8. Zhang, X., Gu, X., & **Moss, S.** (2020). Effects of weight status and sedentary behavior on depression among young adults. *International Journal of Exercise Science: Conference Proceedings*, 2(12), 124.
9. Coriddi, A.L., Zhang, X., **Moss, S.**, & Gu, X. (2020). Assessing sleep, sedentary behaviors, and physical activity among college students: The roles of ethnicity and obesity. *International Journal of Exercise Science: Conference Proceedings*, 2(12), 121.

Manuscripts Under Review

1. **Moss, S.,** Zhang, X., Tamplain, P., & Gu, X. Obesity and socio-demographic disparities in children's motor and cognitive function. Under review: *Frontiers Psychology*.
2. Zhang, X., **Moss, S.,** & Gu, X. Disparities in physical activity and depressive symptoms before and during COVID-19 pandemic. Under review: *The Journal of American College Health*.
3. Gu, X., **Moss, S.,** & Zhang, X., Zhang, J., & Zhang, T. Effect of the virtual reality-infused movement and activity program (V-MAP) on physical activity and cognition in head start preschoolers. Under review: Under review: *i-Perception*.
4. **Moss, S.,** Zhang, X., Taleb, Z.B., & Gu, X. Physical activity and health-risk behaviors towards depression: gender and obesity disparities. Under review: *Sustainability*.

Manuscripts in Progress

1. **Moss, S.,** Zhang, X., Nelson, L., & Gu, X. Dose-response relationship of physical activity with cognition and classroom behaviors.
2. Vanhoose, K., **Moss, S.,** & Gu, X. The effects of virtual reality exercise on mental health in adults: A systematic review.
3. Ghraizi, M., **Moss, S.,** Vanhoose, K., & Gu, X. The associations of obesity and physical activity with health-related quality of life among young adults during COVID-19.

Poster Presentations

1. **Moss, S.,** Gu, X., & Zhang, T. (June 2023). *The Roles of Home and Neighborhood Environments on Childhood Activity Behaviors during Weekend and Weekday*. Poster to be presented at American College of Sports Medicine (ACSM) Annual Meeting, Denver, CO.
2. Gu, X., Bao, S., **Moss, S.,** & Zhang, T. (June 2023). *Examining Physical Activity, Motor Performance, and Executive Functioning among Young Minority Children*. Poster to be presented at American College of Sports Medicine (ACSM) Annual Meeting, Denver, CO.
3. Zhang, X., **Moss, S.,** & Gu, X. (June 2023). *Associations of Movement Behaviors and Executive Function among College Students*. Poster to be presented at American College of Sports Medicine (ACSM) Annual Meeting, Denver, CO.
4. **Moss, S.** and Gu, X. (April 2023). *Home- and Community-based Interventions in Early Childhood: A Systematic Review*. Poster to be presented at Society of Health and Physical Educators (SHAPE) of America National Convention & Expo, Seattle, WA.
5. Bao, S., Zhang, X., **Moss, S.,** & Gu, X. (December 2022). *The Longitudinal Effects of Movement Behaviors on Depression among College Students*. Poster presented at Texas Association for Health, Physical Education, Recreation & Dance (TAHPERD) 99th Annual Convention, Corpus Christi, TX.
6. Vanhoose, K., **Moss, S.,** Ghraizi, M., Guevarra, M., & Gu, X. (December 2022). *24-hour Movement Behaviors and Executive Function during Different Phases of COVID-19: Obesity-Related Analysis among Young Adults*. Poster presented at Texas Association for Health, Physical Education, Recreation

& Dance (TAHPERD) 99th Annual Convention, Corpus Christi, TX. (Graduate Student 1st Place Award; Peer Reviewed).

7. **Moss, S.,** Vanhooose, K., Schuman, D.L., & Gu, X. (June, 2022). *Gender Disparities in Obesity-Related Behaviors and Mental Health during COVID-19: A Repeated Measures Design*. Poster presented at American College of Sports Medicine (ACSM) Annual Meeting, San Diego, CA.
8. Ghraizi, M., **Moss, S.,** Vanhooose, K., & Gu, X. (April, 2022). *Obesity and Physical Activity Profiles during COVID-19 and their Associations with Health-Related Quality of Life*. Poster presented at University of Texas at Arlington Graduate Research Day (Peer Reviewed).
9. Jones, A., Gray, K., Ghraizi, M., **Moss, S.,** Vanhooose, K., & Gu, X. (April, 2022). *Identifying Environmental and Social Inequity in Physical Activity and Childhood Obesity among Preschool-aged Children*. Poster presented at University of Texas at Arlington Undergraduate Research Day (Peer Reviewed).
10. **Moss, S.,** Zhang, X., Nelson, L., & Gu, X. (April, 2022). *Dose-Response Relationship of Physical Activity with Cognition and Classroom Behaviors*. Poster presented at Society of Health and Physical Educators (SHAPE) of America National Convention & Expo, New Orleans, LA.
11. Vanhooose, K., **Moss, S.,** Zhang, X., Taleb, Z.B., Gu, X. (April, 2022). *Obesity and Ethnic Disparities in Physical Activity, Tobacco Use, and Depression during COVID-19 Pandemic*. Poster presented at Society of Health and Physical Educators (SHAPE) of America National Convention & Expo, New Orleans, LA.
12. Vanhooose, K., **Moss, S.,** & Gu, X. (December, 2021). *The Effects of Virtual Reality Exercise on Mental Health in Adults: A Systematic Review*. Poster presented at Texas Association for Health, Physical Education, Recreation & Dance (TAHPERD) 98th Annual Convention, Arlington, TX.
13. Ghraizi, M., **Moss, S.,** Vanhooose, K., & Gu, X. (December, 2021). *The Associations of Obesity and Physical Activity with Health-Related Quality of Life among Young Adults during COVID-19*. Poster presented at Texas Association for Health, Physical Education, Recreation & Dance (TAHPERD) 98th Annual Convention, Arlington, TX. (Undergraduate 1st Place Award; Peer Reviewed, Regional).
14. **Moss, S.,** & Gu, X. (October, 2021). *Ethnic and SES Disparities in Built Environment: Impact on youth Activity and Behaviors During COVID-19*. Poster presented at Build and Broaden: Conference on Social Connections to Promote Individual and Community Resilience in Post-COVID-19 Society: Supported by National Science Foundation, Arlington, TX (Graduate Students Research Award; Peer Reviewed, Regional).
15. Gu, X., **Moss, S.,** & Zhang, X. (September, 2021). *Effect of the Virtual Reality-Infused Movement and Activity Program (V-MAP) on Physical Activity and Cognition in Head Start Preschoolers*. Poster presented at International Motor Development Research Consortium (I-MDRC) 5th Annual Meeting, Virtual.
16. **Moss, S.,** Gu, X. (April, 2021). *Sedentary Behavior, Physical Activity and Classroom Behavior among Preschoolers: Gender Disparity Exploration*. Poster presented at University of Texas at Arlington Graduate Research Day (Graduate Student 1st Place Award; Peer Reviewed).

17. **Moss, S.,** Zhang, X., Gu, X., & Zhang, T. (April, 2021). *Health Disparities and Socio-Demographic Correlates among Overweight and Obese Children and Adolescents*. Poster presented at Society of Behavioral Medicine 42nd Annual Meeting, Virtual.
18. **Moss, S.,** Zhang, X., Melton, M., Zhang, A., & Gu, X. (April 2021). *Association of Physical Activity and Sedentary Behavior with Classroom Behavior in Preschoolers: A Gender-based Approach*. Poster presented at Society of Health and Physical Educators (SHAPE) of America Virtual National Convention & Expo.
19. Zhang, X., **Moss, S.,** & Gu, X. (April, 2021). *Effects of Weight Status and Sedentary Behavior on Depression among Young Adults*. Poster presented at Society of Health and Physical Educators (SHAPE) of America Virtual National Convention & Expo.
20. Pham, S., Shoaib, S., **Moss, S.,** Zhang, X., & Gu, X. (April, 2021). *Gender Disparities in Fundamental Motor Skills Development During Early Childhood*. Poster presented at Society of Health and Physical Educators (SHAPE) of America Virtual National Convention & Expo.
21. **Moss, S.,** Zhang, X., Gu, X., & Tamplain, P. (October 2020). *Fundamental Motor Skills and Cognitive Function among Preschoolers: Does Weight Status Matter?* Poster presented at the 2020 International Motor Development Research Consortium (I-MRDC), Virtual.
22. Zhang, X., Gu, X., & **Moss, S.** (February 2020) *Effects of Weight Status and Sedentary Behavior on Depression among Young Adults*. Poster presented at the 2020 Annual Conference of Texas Chapter of the American college of Sport Medicine (TACSM), Waco, Texas (Peer Reviewed, Regional) [web link](#)
23. Coriddi, A., Zhang, X., **Moss, S.,** Gu, X. (February 2020) *Assessing Sleep, Sedentary Behaviors, and Physical Activity among College Students: The Roles of Ethnicity and Obesity*. Poster submitted to the 2020 Annual Conference of Texas Chapter of the American College of Sport Medicine (TACSM), Waco, Texas (Research Poster Award 3rd Place; Peer Reviewed, Regional) [web link](#)

INVITED LECTURES/PRESENTATIONS

1. **Childhood Obesity.** Lecture for KINE 4331/5331: Obesity and Weight Management, The University of Texas at Arlington, February 2022, Arlington, Texas
2. **Action Preparation.** Lecture for KINE 4323/5323/6323: Undergraduate Motor Control and Learning, The University of Texas at Arlington, October 2020 (Virtual)
3. **Physical Function.** Lecture for KINE 4420. Undergraduate Motor Behavior, The University of Texas at Arlington, October 2020 (Virtual)
4. **Relationships between Variables.** Lecture for KINE 3325: Undergraduate Research Methods, The University of Texas at Arlington, July 2020 (Virtual)
5. **Benefits of Physical Activity on Mental Health.** MAVS Wellness Series: Spring 2020, The University of Texas at Arlington, February 2020
6. **Motor Abilities.** Lecture for KINE 4323/5323: Undergraduate and Graduate Motor Learning and Control, The University of Texas at Arlington, February 2020, Arlington, Texas
7. **Skill Presentation.** Lecture for EXS 297: Undergraduate Motor Behavior: State University of New York at Cortland, March 2018, Cortland, New York

HONORS AND AWARDS

1. **Dissertation Fellowship, 2022:** University of Texas at Arlington Graduate School, The University of Texas at Arlington
2. **Clinical Excellence Award, 2021: Research in Kinesiology,** College of Nursing and Health Innovation, University of Texas at Arlington.
3. **NSF-sponsored Build and Broaden: Social Connections Conference Graduate Students Research Award, 2021:** Arlington, Texas. Moss, S. & Gu X. *Ethnic and SES disparities in built environment: Impact on youth activity behaviors during COVID-19.*
4. **Graduate Student 1st Place Award, 2021:** Research Day, Department of Kinesiology, The University of Texas at Arlington. Moss, S., & Gu, X. *Sedentary Behavior, Physical Activity and Classroom Behavior among Preschoolers: Gender Disparity Exploration.*
5. **Student Scholarship Award, 2020:** Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD).
6. **Graduate Teaching Fellowship, 2019-2022:** Department of Kinesiology, The University of Texas at Arlington

RESEARCH SKILLS/ASSESSMENT EXPERIENCE

1. ActiGraph GT3X and GT9X accelerometers and ActiLife Software
2. Gopher FITstep Pro uploadable pedometers
3. Test of Gross Motor Development-3rd Edition
4. Cambridge Assessment Neuropsychological Test Automated Battery (CANTAB)
5. SMARTfit Technology with classroom integration

PROFESSIONAL SERVICES AND MEMBERSHIPS

Journal Reviewer
2022-Present

International Journal of Environmental Research and Public Health

AdHoc Search Committee Member (Search for TAHPERD Executive Director Position)
June 2021-October 2021

Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD)

Journal Reviewer
2021-Present

Journal of TAHPERD

Journal Reviewer
2021-Present

Children

Journal Reviewer
2021-Present

European Journal of Developmental Psychology

Graduate Student Poster Judge
Aug 2021

Louis Stokes Alliance for Minority Participation, College of Engineering, University of Texas at El Paso, El Paso, Texas

Graduate Student Poster Judge
April 2021

Undergraduate Research Day, Department of Kinesiology, University of Texas at Arlington, Arlington, Texas

College Division Recruitment Committee Member
2020- 2022

Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD)

Social Media Committee Member
2020- 2022

Texas Association for Health, Physical Education,
Recreation, and Dance (TAHPERD)

Chair of Student Section
2020- 2021

Texas Association for Health, Physical Education,
Recreation, and Dance (TAHPERD)

Member
Feb 2020- present

International Motor Development Research
Consortium (I-MDRC)

Member
April 2021-present

Society of Behavioral Medicine (SBM)

Member
Jan 2019 - present

American College of Sport Medicine (ACSM)

Member
Jan 2019 - present

Society of Health and Physical Educators (SHAPE)
America

Chair Elect
Dec 2019 – Mar 2020

Texas Association for Health, Physical Education,
Recreation, and Dance (TAHPERD)

Member
Oct 2019 - present

Texas Association for Health, Physical Education,
Recreation, and Dance (TAHPERD)

Professional Member-Personal Trainer
Dec 2013 - present

National Academy of Sport Medicine (NASM)