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Louisiana State University
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EDUCATION

- 2003 **Doctor of Philosophy** (*GPA = 4.0*), Oregon State University, Program of Exercise and Sport Science (*formerly*: Department of Exercise and Sport Science), Corvallis, OR. *Major*: Exercise and Sport Science. *Minor*: Psychology. Major advisors: Drs. Brad Cardinal and Jeff McCubbin.
- 1999 **Master of Science** (*with distinction*), University of Jyväskylä, Department of Sport Sciences: Physical Education and Social Sciences (*formerly*: Department of Physical Education), Jyväskylä, Finland. The first semester (Fall 1998) of the Master's degree took place at the Catholic University Leuven, Faculty of Kinesiology and Rehabilitation Sciences (*formerly*: Faculty of Physical Education and Physiotherapy), Leuven, Belgium. *Concentration*: Adapted Physical Activity. Major advisor: Dr. Pauli Rintala.
- 1997 **Bachelor of Science**, National & Kapodistrian University of Athens, Faculty of Physical Education and Sport Science, Athens, Greece. Specialization (*with distinction*): Adapted Physical Activity.
- 1993 **Diploma** (*with distinction*), 4th General High School, Lamia, Greece.

ACADEMIC APPOINTMENTS AND RELATED PROFESSIONAL EXPERIENCE

- 2009-
Present **Associate Professor (tenured)**, Louisiana State University, School of Kinesiology, Baton Rouge, LA.
- 2018 **Sabbatical Scholar** (spring, 2018), School of Public Health and Health Sciences, University of Massachusetts, Amherst, MA.
- 2010 **Sabbatical Scholar** (summer, 2010), Cancer Prevention Research Center, University of Rhode Island, Kingston, RI.
- 2003-
2008 **Assistant Professor**, Louisiana State University, School of Kinesiology, Baton Rouge, LA.
- 2000-
2003 **Graduate Research and Teaching Assistant**, Oregon State University, Program of Exercise and Sport Science (*formerly*: Department of Exercise and Sport Science), Corvallis, OR.
- 1995-
1998 **Undergraduate Research Assistant**, National & Kapodistrian University of Athens, Faculty of Physical Education and Sport Science, Athens, Greece.

RESEARCH INTERESTS

My research interests in physical activity health promotion are grounded in such philosophies as *phronesis* (practical wisdom or reasoning), *existential phenomenology* (e.g., embodied movement, body schema, and existential freedom), and the concept of *habitus* to facilitate understanding of physical activity, health, and well-being. Instead of relying solely on logical positivism, I use a Humanistic approach in physical activity and public health, emphasizing free will and human agency within society, culture, and socio-political systems. I have examined the embodied nature of different movement experiences (e.g., within performing arts and other recreational movement settings), and how they link to the love of movement and well-being. I have worked with various populations across the lifespan, including socio-economically and ethnically diverse older and young adults, children, and people with or without disabilities.

PUBLICATIONS

Peer-Reviewed Journal Articles (underlined name denotes graduate student; *italicized* name denotes undergraduate student)

1. **Kosma, M.**, Erickson, N., *Gremillion, A.* (2023). Positive psychosocial experiences of a physical theater class among college students. *International Journal of Sport, Exercise and Health Research*, 7 (2). (paper is currently under production).
2. **Kosma, M.** (2023). Total freedom in physical activity via body schema: Being for itself and being in the world. *Turkish Journal of Kinesiology*, 9 (3), 247-258. doi:10.31459/turkjin.1316448
3. **Kosma, M.**, Kim, M., Moon, D-H., & Fritts, S. (2023). Effects of Covid-19 mandates on college students' exercise experiences and psychosocial health. *International Journal of Sport, Exercise and Health Research*, 7 (1), 9-16. doi:10.31254/sportmed.7103; https://www.sportscienceresearch.com/IJSEHR_202371_03.pdf
4. **Kosma, M.**, Erickson, N., *Gremillion, A.* (2023). Physical theater class experiences: Mental health, play, and the love of movement. *International Journal of Applied Sports Sciences*, 35 (1), 10-27. <https://doi.org/10.24985/ijass.2023.35.1.10>
5. **Kosma, M.** (2023). Phenomenological body schema as motor habit in skill acquisition – Intentionality is in action. *Athens Journal of Sports*, 10 (2), 83-94. <https://doi.org/10.30958/ajspo.10-2-2>
6. **Kosma, M.** (2022). Breaking away from dualisms: Exercise habitus and reflexivity are embodied. *International Journal of Applied Sports Sciences*, 34(1), 35-49. <https://doi.org/10.24985/ijass.2022.34.1.35>
7. Marshall, K. E., Kim, M., **Kosma, M.**, & Frusher, S. (2022). Physical activity facilitators, barriers, and life challenges among Native American freshmen. *Journal of American College Health*, 70, 1040-1046. doi:10.1080/07448481.2020.1784905
8. **Kosma, M.** (2021). Play vs exergaming: A conceptual analysis as to why exergaming is not play. *Turkish Journal of Kinesiology*, 7, 141-151. doi: [10.31459/turkjin.1015139](https://doi.org/10.31459/turkjin.1015139)
9. **Kosma, M.**, Erickson, N., *Savoie, C. J.*, & Gibson, M. (2021). The effectiveness of performative aerial practice on mental health and the love of movement. *Research in Dance Education*, 22, 210-227. doi:10.1080/14647893.2020.1784868. **Featured in ArtsEdSearch on December 2020:** <https://www.artsedsearch.org/study/the-effectiveness-of-performative-aerial-practice-on-mental-health-and-the-love-of-movement/>

10. **Kosma, M.**, Erickson, N., *Savoie, C. J.*, & Gibson, M. (2021). Skill development vs. performativity among beginners in aerial practice: An embodied and meaningful learning experience. *Community Health Equity Research & Policy*, *41*, 173-187. doi:10.1177/0272684X20918053
11. **Kosma, M.**, & Erickson, N. (2020). The embodiment of aerial practice: Body, mind, emotion. *Journal of Dance Education*, *20*, 224-233. doi:10.1080/15290824.2019.1622706. **Selected as Feature article.**
12. **Kosma, M.**, & Erickson, N. (2020). The love of aerial practice: Art, embodiment, *phronesis*. *International Journal of Kinesiology and Sports Science*, *8*, 14-25. doi:10.7575/aiac.ijkss.v.8n.1p.14
13. **Kosma, M.**, & Buchanan, D. R. (2019). Aspects of depression among socio-economically disadvantaged African American young adults. *Community Health Equity Research & Policy*, *39*, 199-207. <https://doi.org/10.1177/0272684X19829612>. **Selected article to lead journal issue.**
14. Ellis, R., **Kosma, M.**, Agnew, S., & Bauer, J. J. (2019). Do temporal scores of motivational constructs correspond with physical activity levels? *Disability & Health Journal*, *12*, 51-57. doi:10.1177/0272684X19829612
15. **Kosma, M.**, & Buchanan, D. R. (2018). Exercise behavior, facilitators and barriers among socio-economically disadvantaged African American young adults. *International Journal of Kinesiology and Sports Science*, *6*, 1-8. <http://dx.doi.org/10.7575/aiac.ijkss.v.6n.2p.1>. **Selected article to lead journal issue.**
16. **Kosma, M.**, & Buchanan, D. R. (2018). “Connect,” log it, track it, go! *Techne*—not technology—and embodiment to achieve *phronesis* in exercise promotion. *Quest*, *70*, 100-113. doi:10.1080/00336297.2017.1355818
17. Kasser, S. L., & **Kosma, M.** (2018). Social cognitive factors, physical activity, and mobility impairment in adults with multiple sclerosis. *Behavioral Medicine*, *44*, 306-313. doi:10.1080/08964289.2017.1368441
18. **Kosma, M.**, Buchanan, D. R., & Hondzinski, J. M. (2017). Complexity of exercise behavior among older African American women. *Journal of Aging and Physical Activity*, *25*, 333-344. <https://doi.org/10.1123/japa.2016-0032>. **Selected article to lead journal issue.**
19. **Kosma, M.**, Hondzinski, J. M., & Buchanan, D. R. (2017). Exercise, health, and falls risks among older African American women. *International Journal of Kinesiology & Sports Science*, *5*, 16-27. <http://dx.doi.org/10.7575/aiac.ijkss.v.5n.3p.16>
20. **Kosma, M.**, & Cardinal, B. J. (2016). The transtheoretical model, physical activity, and falls risks among diverse older adults. *Activities, Adaptation & Aging*, *40*, 35-52. doi:10.1080/01924788.2016.1127051
21. **Kosma, M.**, & Cardinal, B. J. (2016). Theory-based physical activity beliefs by race and activity levels among older adults. *Ethnicity & Health*, *21*, 181-195. doi:10.1080/13557858.2015.1047741
22. **Kosma, M.**, Buchanan, D. R., & Hondzinski, J. M. (2015). The role of values in promoting physical activity. *Quest*, *67*, 241-254. doi:10.1080/00336297.2015.1050117. **Selected article to lead journal issue.**
23. **Kosma, M.** (2014). An expanded framework to determine physical activity and falls risks among diverse older adults. *Research on Aging. An International Bimonthly Journal*, *36*, 95-114. doi:10.1177/0164027512469215. **Featured in ElderBranch:** <http://www.elderbranch.com/blog/a-framework-for-falls-prevention-in-the-elderly/>
24. Parish, T.R., **Kosma, M.**, & Welsch, M.A. (2013). Stage of readiness for planned activity reveals heart failure patients at higher risk. *Open Journal of Preventive Medicine*, *3*, 118-127.

25. Kim, Y., & **Kosma, M.** (2013). Psychosocial and environmental correlates of physical activity among older adults. *Research on Aging. An International Bimonthly Journal*, 35, 750-767. doi:10.1177/0164027512462412
26. Ellis, R., **Kosma, M.**, & Symons Downs, D. (2013). Moderators of youth exercise intention and behavior. *Health Education and Behavior*, 40, 305-310. doi:10.1177/1090198112441000
27. Ellis, R., **Kosma, M.**, Fabre, J.M., Moore, D.S., & Wood, R.H. (2013). Proximal determinants of falls risk among independent-living older adults. *Research on Aging. An International Bimonthly Journal*, 35, 420-436. doi:10.1177/0164027512446940
28. Kasser, S. L., & **Kosma, M.** (2012). Health beliefs and physical activity behavior in adults with multiple sclerosis. *Disability and Health Journal*, 5, 261-268.
29. **Kosma, M.**, Ellis, R., & Bauer, J.J. (2012). Longitudinal changes in psychosocial constructs and physical activity among adults with physical disabilities. *Disability and Health Journal*, 5, 1-8. <http://dx.doi.org/10.1016/j.dhjo.2011.09.002>. **Selected article to lead journal issue.**
30. Zhang, T., Solmon, M. A., Gao, Z., & **Kosma, M.** (2012). Promoting school students' physical activity: A social ecological perspective. *Journal of Applied Sport Psychology*, 24, 92-105.
31. Moore, D.S., Ellis, R., **Kosma, M.**, Fabre, J.M., McCarter, K.S., & Wood, R.H. (2011). Comparison of the validity of four fall-related psychological measures in a community-based falls risk screening. *Research Quarterly for Exercise and Sport*, 82, 545-554.
32. Gao, Z., Liu, Y., Lodewyk, K., Zhang, T., & **Kosma, M.** (2011). Reliability and validity of outcome expectancy-related measures in physical education. *Measurement in Physical Education and Exercise Science*, 15, 155-167.
33. Zhang, T., Solmon, M.A., **Kosma, M.**, Carson, R., & Gu, X. (2011). Need support, need satisfaction, intrinsic motivation, and physical activity participation among middle school students. *Journal of Teaching in Physical Education*, 30, 51-68.
34. Gao, Z., Lee, A.M., Xiang, P., & **Kosma, M.** (2011). Effect of learning activity on students' motivation, physical activity levels and effort/persistence. *International Council for Health, Physical Education, Recreation, Sport, and Dance Journal of Research*, 6, 58-64.
35. **Kosma, M.**, & Ellis, R. (2010). Establishing construct validity of a stages-of-change algorithm for physical activity. *American Journal of Health Promotion*, 25, e11-e20. **Selected as the leading article on Measurement Issues for journal issue.**
36. Fabre, J.M., Ellis, R., **Kosma, M.**, & Wood, R.H. (2010). Falls risk factors and a compendium of falls risk screening instruments. *Journal of Geriatric Physical Therapy*, 33, 184-197.
37. Fabre, J.M., Ellis, R., **Kosma, M.**, Moore, D.S., McCarter, K.S., & Wood, R.H. (2010). Development and validation of the comprehensive falls risk screening instrument. *Physical & Occupational Therapy in Geriatrics*, 28, 181-194. doi:10.3109/02703181003640124
38. Gao, Z., Lee, A.M., **Kosma, M.**, & Solmon, M.A. (2010). Understanding students' motivation in middle school physical education: Examining the mediating role of self-efficacy on physical activity. *International Journal of Sport Psychology*, 41, 199-215.

39. Gao, Z., Lee, A.M., Solmon, M.A., **Kosma, M.**, Carson, R.L., Zhang, T., Domangue, E., & Moore, D. (2010). Validating pedometer-based physical activity time against accelerometer in middle school physical education. *International Council for Health, Physical Education, Recreation, Sport, and Dance Journal of Research*, 4, 11-16.
40. Antikainen I.E., Ellis R., **Kosma, M.**, Allen, P.D., Cherry, K.E., Monroe, P.A., & Wood, R.H. (2010). Examining change in theory-based physical activity beliefs of culturally diverse older adults. *Journal of Applied Gerontology*, 29, 507-517. doi:10.1177/0733464809341469
41. Ellis, R., **Kosma, M.**, Cardinal, B.J., Bauer, J.J., & McCubbin, J.A. (2009). A comparison of two measures of physical activity among adults with physical disabilities: The issue of scale correspondence. *Journal of Developmental and Physical Disabilities*, 21, 393-407. doi:10.1007/s10882-009-9150-z
42. **Kosma, M.**, Ellis, R., Cardinal, B.J., Bauer, J.J., & McCubbin, J.A. (2009). Psychosocial predictors of physical activity and health-related quality of life among adults with physical disabilities: An integrative framework. *Disability and Health Journal*, 2, 104-109.
43. Winchester F., Ellis R., **Kosma, M.**, Cherry, K.E., Allen, P.D., Monroe, P.A., & Wood, R.H. (2009). Predictors of ADL disability in culturally diverse older adults. *International Journal of Exercise Science*, 2, 202-214.
44. Gao, Z., **Kosma, M.**, & Harrison, L., Jr. (2009). Ability beliefs, task value, and performance as a function of race in a dart-throwing task. *Research Quarterly for Exercise and Sport*, 80, 122-130.
45. Gao, Z., & **Kosma, M.** (2008). Intention as a mediator of weight training behavior among college students: An integrative framework. *Journal of Applied Sport Psychology*, 20, 363-374.
46. Parish, T.R., **Kosma, M.**, & Welsch, M.A. (2007). Exercise training for the patient with heart failure: Is your patient ready? *Cardiopulmonary Physical Therapy Journal*, 18, 12-20.
47. Ellis, R., **Kosma, M.**, Cardinal, B.J., Bauer, J.J., & McCubbin, J.A. (2007). Physical activity beliefs and behaviour of adults with physical disabilities. *Disability and Rehabilitation*, 29, 1221-1227.
48. **Kosma, M.**, Ellis, R., Cardinal, B.J., Bauer, J.J., & McCubbin, J.A. (2007). The mediating role of intention and stages of change in physical activity among adults with physical disabilities: An integrative framework. *Journal of Sport & Exercise Psychology*, 29, 21-38.
49. Grodesky, J.M., **Kosma, M.**, & Solmon, M.A. (2006). Understanding older adults' physical activity behavior: A multi-theoretical approach. *Quest*, 58, 310-329.
50. **Kosma, M.**, Ellis Gardner, R., Cardinal, B.J., Bauer, J.J., & McCubbin, J.A. (2006). Psychosocial determinants of stages of change and physical activity among adults with physical disabilities. *Adapted Physical Activity Quarterly*, 23, 49-64.
51. **Kosma, M.**, Cardinal, B.J., & McCubbin, J.A. (2005). A pilot study of a web-based physical activity motivational program for adults with physical disabilities. *Disability and Rehabilitation*, 27, 1435-1442.
52. **Kosma, M.**, Cardinal, B.J., & McCubbin, J.A. (2004). Recruitment techniques among understudied populations and their implications for physical activity promotion. *Quest*, 56, 413-420.
53. **Kosma, M.**, Cardinal, B. J., & McCubbin, J. A. (2004). Predictors of physical activity stage of change among adults with physical disabilities. *American Journal of Health Promotion*, 19, 114-117.

54. **Kosma, M.**, Wood, T.M., Rintala, P., & Acock, A.C. (2004). A comparison of the effects of health-related fitness and motor ability on adaptive behavior among adults with intellectual disabilities. *Journal of Human Movement Studies*, 47, 303-326.
55. Cardinal, B.J., & **Kosma, M.** (2004). Self-efficacy and the stages and processes of change associated with adopting and maintaining muscular fitness-promoting behaviors. *Research Quarterly for Exercise and Sport*, 75, 186-196.
56. Cardinal, B.J., **Kosma, M.**, & McCubbin, J.A. (2004). Factors influencing the exercise behavior of adults with physical disabilities. *Medicine and Science in Sports and Exercise*, 36, 868-875.
57. **Kosma, M.**, Cardinal, B.J., & Rintala, P. (2002). Motivating individuals with disabilities to be physically active. *Quest*, 54, 116-132.

Book Chapters and Articles

58. **Kosma, M.**, & Buchanan, D. R. (2021). Reconsidering the push for digitized physical activity education in lieu of the intrinsic value of embodied action. In C. Steinberg & B. Bonn (Eds.), *Digitalisierung und Sportwissenschaft [Digitization and Sports Science]* (pp. 63-71). Academia. www.nomos-shop.de/isbn/978-3-98572-002-6
59. **Kosma, M.** (2007). Expert commentary: The conceptualization of the stages of physical activity change among people with physical disabilities (pp. 1-6). In L.A. Chiang (Ed.), *Motivation of Exercise and Physical Activity*. Hauppauge, NY: Nova Science.

Manuscripts in review

1. **Kosma, M.**, Erickson, N., *Gremillion, A.* (in review). Positive effects of physical theater on body schema among college students.
2. **Kosma, M.**, Erickson, N., *Gremillion, A.* (in review). The embodied nature of physical theater: Artistic expression, emotions, interactions.

Published Abstract Books

1. **Kosma, M.**, & Gkounta, O. (2023). *19th Annual International Conference on Sport & Exercise Science*. Athens, Greece: Athens Institute for Education and Research (ATINER). [Abstract Book \(atiner.gr\)](http://atiner.gr)
2. **Kosma, M.**, & Gkounta, O. (2023). *23rd Annual International Conference on Sports: Economic, Management, Marketing & Social Aspects*. Athens, Greece: Athens Institute for Education and Research (ATINER).
3. **Kosma, M.**, & Gkounta, O. (2023). *8th Annual International Symposium on Leisure & Recreation*. Athens, Greece: Athens Institute for Education and Research (ATINER).

Abstracts/Conference Proceedings/Newsletters

1. **Kosma, M.** (2023). Phenomenological body schema as motor habit in skill acquisition – Intentionality is in action. In M. Kosma & O. Gkounta (Eds.). *Abstract Book: 19th Annual International Conference on Sport & Exercise Science* (pp. 33-34). Athens, Greece: Athens Institute for Education and Research (ATINER). [Abstract Book \(atiner.gr\)](http://atiner.gr)

2. Erickson, N., & **Kosma, M.** (2023). Exploring the formation of the HEART (Health, Exercise, ARTS) Center: Emergence and importance. In M. Kosma & O. Gkounta (Eds.), *Abstract Book: 19th Annual International Conference on Sport & Exercise Science* (pp. 20-21). Athens, Greece: Athens Institute for Education and Research (ATINER). [Abstract Book \(atiner.gr\)](https://www.atiner.gr)
3. **Kosma, M.**, Erickson, N., Gremillion, A. (2023). The embodied nature of physical theater: Expression, creativity, communication. *Research Quarterly for Exercise & Sport*, 94 (Supplement), A60-A61.
4. **Kosma, M.**, Erickson, N., Gremillion, A. (2023). Mental health and physical theater experiences among active college students. *Research Quarterly for Exercise & Sport*, 94 (Supplement), A48-A49.
5. **Kosma, M.**, & Buchanan, D.R. (2022). Reconsidering the push for digitized physical activity education in lieu of the intrinsic value of embodied action (pp. 45-46). In M. Konstantaki & O. Gkounta (Eds.), *Abstract Book: 18th Annual International Conference on Sport & Exercise Science*. Athens, Greece: Athens Institute for Education and Research (ATINER). <https://www.atiner.gr/abstracts/2022ABST-FIT.pdf>
6. **Kosma, M.**, Kim, M., Moon, D.-H., & Fritts, S. (2022). Effects of COVID-19 mandates on exercise levels and experiences among college students. *Research Quarterly for Exercise and Sport*, 93 (Supplement), A45-A46.
7. Moon, D.-H., & **Kosma, M.** (2021). Exercise frequency by disability type and gender vs. exercise perspectives. *Proceedings of the 5th National Adapted Physical Education Conference*. California Association for Health, Physical Education, Recreation and Dance.
8. **Kosma, M.** (2021). "Pure" play vs exergaming: A conceptual analysis as to why exergaming is not play. *Proceedings of the Virtual International Symposium of Adapted Physical Activity (ISAPA): "Stronger Together* (p. 43)," University of Jyväskylä, Jyväskylä, Finland.
9. Kim, M., **Kosma, M.**, & Moon, D.-H. (2021). Participation in different types of sports and physical activity among children with disabilities: NHANES 2013-2016. *Research Quarterly for Exercise and Sport*, 92 (Supplement), A20.
10. **Kosma, M.**, Erickson, N., Savoie, C. J., & Gibson, M. (2020). Aerial practice performativity, joy, lifestyle, and mental health effects. *Research Quarterly for Exercise and Sport*, 91 (Supplement), A52-A53.
11. **Kosma, M.**, Erickson, N., Savoie, C. J., & Gibson, M. (2019). Skill development vs. performativity among beginners in aerial practice (pp. 21-22). In G.T. Papanikos (Ed.), *Abstract Book: 15th Annual International Conference on Sport and Exercise Science*. Athens, Greece: Athens Institute for Education and Research (ATINER).
12. **Kosma, M.**, & Erickson, N. (2019). The love of aerial dance: Art, movement, community. *Research Quarterly for Exercise and Sport*, 90 (Supplement), A97-A98.
13. **Kosma, M.**, & Erickson, N. (2019). Body, mind, and emotion in aerial dance. *Research Quarterly for Exercise and Sport*, 90 (Supplement), A47-A48.
14. Kim, M., Jung, J., & **Kosma, M.** (2018). Children's physical activity participation by disability existence, gender, and age. *2018 North American Federation of Adapted Physical Activity Symposium. Individuals, Communities, and Beyond: Promoting Full Participation and Well-Being* (pp. 78-79). Corvallis, OR: Oregon State University.
15. **Kosma, M.**, & Buchanan, D.R. (2018). Exercise facilitators and barriers among African American young adults. *Research Quarterly for Exercise and Sport*, 89 (Supplement), A80.

16. **Kosma, M.**, & Buchanan, D.R. (2018). Aspects of depression among African American young adults. *Research Quarterly for Exercise and Sport*, 89 (Supplement), A81.
17. **Kosma, M.**, Buchanan, D. R., & Hondzinski, J. M. (2017). Dilemmas in exercise behavior among older African American women. *Research Quarterly for Exercise and Sport*, 88 (Supplement), A72.
18. **Kosma, M.**, Hondzinski, J. M., & Buchanan, D. R. (2017). Exercise, health, and falls risks among older African American women. *Research Quarterly for Exercise and Sport*, 88 (Supplement), A79-A80.
19. **Kosma, M.**, & Buchanan, D. R. (2017). “Connect”, log it, track it, go! *Techne* or practical wisdom in exercise promotion? (p. 19). In G.T. Papanikos (Ed.), *Abstract Book: 13th Annual International Conference on Kinesiology and Exercise Sciences*. Athens, Greece: Athens Institute for Education and Research (ATINER).
20. **Kosma, M.**, Buchanan, D. R., & Hondzinski, J. (2016). Practical reasoning in physical activity promotion (p. 19). In G.T. Papanikos (Ed.), *Abstract Book: 12th Annual International Conference on Kinesiology and Exercise Sciences*. Athens, Greece: Athens Institute for Education and Research (ATINER).
21. Hondzinski, J. M., **Kosma, M.**, Buchanan, D. R., McDougal., D. R., & Strain, C. (2016). Mobility differences exist between races in older women. *Journal of Sport & Exercise Psychology*, 37 (Supplement), S68.
22. Ellis, R., **Kosma, M.**, & Bauer, J. J. (2015). Changes in physical activity levels and motivational constructs by disability severity and type. *Annals of Behavioral Medicine*, 49 (Supplement 1), S29.
23. **Kosma, M.** (2015). Stages of physical activity change, self-determination, and adults with disabilities. *Research Quarterly for Exercise and Sport*, 86 (Supplement 2), A77.
24. **Kosma, M.**, & Cardinal, B. J. (2015). Older adults' physical activity beliefs by race and activity status. *Research Quarterly for Exercise and Sport*, 86 (Supplement 2), A76-A77.
25. **Kosma, M.** (2014). Self-Determination for physical activity among adults with physical disabilities. *Research Quarterly for Exercise and Sport*, 85 (Supplement 1), A31.
26. **Kosma, M.**, & Ellis, R. (2014). Theory-based physical activity beliefs of culturally diverse older adults. *Research Quarterly for Exercise and Sport*, 85 (Supplement 1), A31.
27. Gao, Z., Lewis, B., & **Kosma, M.** (2013). *Using the Transtheoretical Model to examine the effects of exergaming on physical activity among children. Medicine and Science in Sports and Exercise*, 45 (Supplement), S401.
28. Ellis, R., & **Kosma, M.** (2013). Prospective analysis of physical activity among individuals with physical disabilities. *Research Quarterly for Exercise and Sport*, 84 (Supplement), A71-A72.
29. **Kosma, M.**, & Kim, T. (2012). Predictors of physical activity and falls risks among diverse older adults. *Annals of Behavioral Medicine*, 43 (Supplement), s203.
30. **Kosma, M.**, & Kasser, S. (2012). *Psychosocial predictors of physical activity among adults with multiple sclerosis. Annals of Behavioral Medicine*, 43 (Supplement), s203.
31. Kim, T., & **Kosma, M.** (2011). Determinants of physical activity and falls risks among older adults. *Research Quarterly for Exercise and Sport*, 82 (Supplement), A-65.

32. **Kosma, M.**, & Ellis, R. (2010). Stages-of-change physical activity scale for adults with physical disabilities. *Research Quarterly for Exercise and Sport*, 81 (Supplement), A-91.
33. Kim, T., & **Kosma, M.** (2010). Application of the transtheoretical model among diverse older adults using a modified, stages-of-change scale. *Journal of Sport & Exercise Psychology*, 32 (Supplement), S185.
34. Ellis, R., **Kosma, M.**, & Symons Downs, D. (2010). Moderators of youth exercise intention and behavior. *Journal of Sport & Exercise Psychology*, 32 (Supplement), S159.
35. **Kosma, M.**, Ellis, R., & Li, L. (2009). Predictors of physical activity among older adults with peripheral neuropathy. *Research Quarterly for Exercise and Sport*, 80 (Supplement), A-102-103.
36. Moore, S.D., Ellis, R., **Kosma, M.**, Fabre, J., McCarter, K.S., & Wood, R.H. (2009). Validation of fall-related psychological measures among independent-living older adults. *Research Quarterly for Exercise and Sport*, 80 (Supplement), A-119-120.
37. Zhang, T., Solmon, M.A., Gao, Z., & **Kosma, M.** (2009). Examining school students' participation in leisure-time physical activity behaviors [2009 Research Consortium Graduate Student Award Winner]. *Research Quarterly for Exercise and Sport*, 80, (Supplement), A-36.
38. **Kosma M.** (2008). Psychosocial determinants of physical activity for improved health-related quality of life among adults with physical disabilities. *2008 KAHPERD International Congress: Illuminating the Legacy of Seoul Olympic Games*, (Proceedings: pp. 111 – 118), Seoul, Korea.
39. Holton, F., Ellis, R., **Kosma, M.**, Cherry, K., Antikainen, I., Russell, R., & Wood, R. (2008). Predictors of ADL disability in culturally diverse older adults. *Medicine and Science in Sports and Exercise*, 40 (Supplement), S487.
40. Gao, Z., Lee, A.M., **Kosma, M.**, & Solmon, M.A. (2008). Understanding students' motivation in physical education: Examining the mediating role of self-efficacy on physical activity. *Medicine and Science in Sports and Exercise*, 40, (Supplement), S250-S251.
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55. **Kosma, M.**, McCubbin, J.A., & Cardinal B.J. (2004). Recruitment techniques among understudied populations and their implications for physical activity promotion. *Back to the future: Interdisciplinary perspectives in multidisciplinary research* (p. 37). Thunder Bay, ON: Lakehead University.
56. **Kosma, M.**, Cardinal, B.J., & McCubbin, J.A. (2004). Relationship of physical activity motivational factors among physically inactive adults with physical disabilities. *Sport science through the ages: Challenges in the new millennium* (Vol. 1) (pp. 189-190). Thessaloniki, Greece: Aristotle University of Thessaloniki.
57. **Kosma, M.** (2004). Research in kinesiology: Web-based physical activity motivational programs among adults with physical disabilities. *College of Education Journal*, 3, 1.
58. **Kosma, M.**, Cardinal, B.J., & McCubbin, J.A. (2004). Psychosocial influences of physical activity stage patterns among inactive adults with physical disabilities. *Research Quarterly for Exercise and Sport*, 75 (Supplement 1), A-108-109.
59. **Kosma, M.**, Cardinal, B.J., & McCubbin, J.A. (2004). Web-based motivational materials aimed at physical activity initiation and enhancement among adults with physical disabilities. *Research Quarterly for Exercise and Sport*, 75 (Supplement 1), A-109.

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61. Cardinal, B.J., **Kosma, M.**, & McCubbin, J.A. (2003). A national study of adults with physical disabilities' physical activity behavior using transtheoretical model constructs. *Medicine and Science in Sports and Exercise*, 35 (Supplement 5), S75.
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63. Cardinal, B.J., **Kosma, M.**, & McCubbin, J.A. (2003). Transtheoretical strategies for physical activity. *Changing Concepts of Health and Disability* (pp. 55-63). Bethesda, MD: OHSU.
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65. **Kosma, M.**, & McCubbin, J.A. (2002). Overcoming barriers to physical activity for health. *Celebrate Wellness III* (p. 14). Eugene, OR: OHSU & CDC.
66. **Kosma, M.**, Wood, T.M., Rintala, P., & Acock, A.C. (2002). Influential factors of adaptive behavior among adults with intellectual disabilities. *NAFAPA goes northwest. NAFAPA 2002. Health and wellness: Opening doors and opening minds* (p. 34). Corvallis, OR: Oregon State University.
67. **Kosma, M.**, Cardinal, B.J., & Rintala, P. (2002). Theories and strategies for motivating individuals with disabilities to be physically active. *NAFAPA goes northwest. NAFAPA 2002. Health and wellness: Opening doors and opening minds* (p. 27). Corvallis, OR: Oregon State University.
68. Cardinal, B.J., & **Kosma, M.** (2002). Transtheoretical model and muscular fitness promoting behaviors. *NAFAPA goes northwest. NAFAPA 2002. Health and wellness: Opening doors and opening minds* (p. 48). Corvallis, OR: Oregon State University.
69. **Kosma, M.** (2001). The antidepressant effect of exercise. *The 30th National Conference on Physical Activity for the Exceptional Individual. Reaching for the stars. The odyssey continues...* (pp. 64-68). Los Angeles, CA: CAHPERD.
70. **Kosma, M.**, Karteroliotis, K., & Papatomopoulos, K. (1998). The examination of sport orientation in Greek athletes. *2nd International Congress on Sport Psychology* (pp. 251-253). Trikala, Greece: University of Thessaly.

INVITED NATIONAL AND/OR INTERNATIONAL PRESENTATIONS

1. **Kosma, M.** (2008, September). *Psychosocial determinants of physical activity for improved health-related quality of life among adults with physical disabilities*. **GUEST SPEAKER** at the KAHPERD International Congress, Olympic Parktel & Korea National University, Seoul, Korea.
2. **Kosma, M.** (2008, September). *Psychosocial aspects of physical activity*. **GUEST SPEAKER**, special lecture seminar for undergraduate students, graduate students, and faculty, Seoul National University of Technology, Seoul, Korea.

3. **Kosma, M.**, Ellis, R., & Li, L. (2008, May). *Predictors of the stages of physical activity change among older adults with peripheral neuropathy*. **INVITED POSTER PRESENTATION** at the State of the Science Conference on Health, Wellness and Disability, Portland, OR.
4. **Kosma, M.**, Cardinal, B.J., Frey, G., & Temple, V. (2006, June). *Psychosocial determinants of physical activity among people with physical disabilities*. In B.J. Cardinal, G. Frey, V. Temple., & M. Kosma. Physical activity behavior and people with disabilities: Emerging issues in research and practice. **INVITED SYMPOSIUM** at the annual meeting of the American College of Sports Medicine, Denver, CO.
5. Karp, G.G., Woods, M.L., Pantou, L., & **Kosma, M.** (2005, April). *Navigating the job search in higher education*. **INVITED PRESENTATION** at the American Alliance for Health, Physical Education, Recreation and Dance convention, Chicago, IL.
6. Chung, Y., James, A.R., **Kosma, M.**, & Roper, E.A. (2004, April). *Making a successful transition from student to professional --Tips from early career professors*. **INVITED PROFESSIONAL COLLOQUIUM** at the American Alliance for Health, Physical Education, Recreation and Dance convention, New Orleans, LA.
7. **Kosma, M.** (2002, June). Overcoming barriers and motivational strategies to be physically active. In B.J. Cardinal, L.M. Griebenauw, M. Kosma, & A. Tripp, *Physical activity everyday, for everybody: Current status of research, reports, and legal issues in adapted physical activity*. **INVITED SYMPOSIUM** at the National Council on Independent Living conference, Washington, DC.
8. Cardinal, B.J., Griebenauw, L.M., **Kosma, M.**, & Tripp, A. (2002, June). *Physical activity everyday, for everybody: Modifying physical activity equipment and games*. **INVITED SYMPOSIUM** at the National Council on Independent Living conference, Washington, DC.
9. **Kosma, M.**, Cardinal, B.J., and McCubbin, J.A. (2001, November). *Physical activity, motivation, and people with disabilities*. **INVITED WEB-CAST PRESENTATION** organized by the Independent Living Research Utilization, <http://www.ilru.org/>.

OTHER INVITED PRESENTATIONS

1. **Kosma, M.**, Erickson, N., Gremillion, A. (2023, April). *The embodied nature of physical theater: Expression, creativity, communication*. Research presentation for the 2023 College of Music and Dramatic Arts Research Expo, LSU, Baton Rouge, LA.
2. **Kosma, M.**, Erickson, N., Gremillion, A. (2023, April). *Mental health and physical theater experiences among active college students*. Research presentation for the 2023 College of Music and Dramatic Arts Research Expo, LSU, Baton Rouge, LA.
3. **Kosma, M.** (2021, May). *Finding meaning in the active lifestyle of farming: A practical approach in physical activity among farmers*. **INVITED WEBINAR** for Annie's Project: Managing Farm Stress Series Part 2, Wellness by LSU AgCenter – Department of Economic and Agribusiness, Baton Rouge, LA.
4. **Kosma, M.** (2019, April). *Aspects of depression among socioeconomically disadvantaged African American young adults*. **INVITED RESEARCH PRESENTATION** for Boise State University, School of Allied Health Sciences, Boise, ID.
5. **Kosma, M.** (2016, September). *Complexity of exercise behavior among older African American women*. **INVITED RESEARCH BRIEF** for the LSU Life Course and Aging Center, Baton Rouge, LA.

6. **Kosma, M** (2013, September). *Don't fall for it – Learning to prevent falls*. **INVITED WORKSHOP** for the conference of the new School of Nutrition & Food Sciences at Louisiana State University. Conference theme: “Celebrating the New School of Nutrition & Food Sciences – The Community is Our Campus.” Louisiana State University, Baton Rouge, LA.
7. **Kosma, M** (2011, November). *Do health promoters have people in mind?* **FEATURED SPEAKER** for the “Classes without Quizzes” homecoming seminar at Oregon State University, Corvallis, OR.
8. **Kosma, M.** (2010, June). *Physical activity promotion for health and wellness among adults with physical disabilities*. **INVITED SPEAKER** at the seminar for faculty members and graduate students, Department of Psychology and the Cancer Prevention Research Center, University of Rhode Island, Kingston, RI.
9. Paul, K.C., Ellis Gardner, R., **Kosma, M.**, Solmon, M., & Symons Downs, D. (2006, March). *Psychological correlates of youth exercise behavior*. **INVITED PRESENTATION** at the Life Course and Aging Center Luncheon, Louisiana State University, Baton Rouge, LA.
10. **Kosma, M.** (2003, June). *A National initiative to promote physical activity among adults with physical disabilities*. **INVITED PRESENTATION** at the Council of Regents event, Oregon State University, Corvallis, OR.
11. Rintala, P., & **Kosma, M.** (2001, April). *Familiarization to the European Master's Degree in Adapted Physical Activity (EMDAPA)*. **INVITED TELECAST PRESENTATION** at the Distance Education Seminar between Oregon State University and the University of Utah, Corvallis, OR.

NATIONAL AND/O INTERNATIONAL PRESENTATIONS

1. **Kosma, M.** (2023, July). *Phenomenological body schema as motor habit in skill acquisition – Intentionality is in action*. Research presentation for the 19th Annual International Conference on Sport & Exercise Science, Athens Institute for Education and Research (ATINER), Athens, Greece.
2. Erickson, N., & **Kosma, M.** (2023, July). *Exploring the formation of the HEART (Health, Exercise, ARTS) Center: Emergence and Importance*. Research presentation for the 19th Annual International Conference on Sport & Exercise Science, Athens Institute for Education and Research (ATINER), Athens, Greece.
3. **Kosma, M.**, Erickson, N., Gremillion, A. (2023, March). *The embodied nature of physical theater: Expression, creativity, communication*. Research presentation for the 2023 SHAPE America National Convention, Seattle, WA.
4. **Kosma, M.**, Erickson, N., Gremillion, A. (2023, March). *Mental health and physical theater experiences among active college students*. Research presentation for the 2023 SHAPE America National Convention, Seattle, WA.
5. **Kosma, M.**, & Buchanan, D.R. (2022, July). *Reconsidering the push for digitized physical activity education in lieu of the intrinsic value of embodied action*. Research presentation for the 18th Annual International Conference on Sport and Exercise Science, Athens Institute for Education and Research (ATINER), Athens, Greece.
6. **Kosma, M.**, Kim, M., Moon, D.-H., & Fritts, S. (2022, April). *Effects of COVID-19 mandates on exercise levels and experiences among college students*. Research presentation for the SHAPE America national convention, New Orleans, LA.

7. Moon, D.-H., & **Kosma, M.** (2021, November). *Exercise frequency by disability type and gender vs. exercise perspectives*. Paper presentation for the 50th Virtual National Adapted Physical Education Conference, California Association for Health, Physical Education, Recreation and Dance.
8. **Kosma, M.** (2021, June). *"Pure" play vs exergaming: A conceptual analysis as to why exergaming is not play*. Paper presentation for the 2021 Virtual International Symposium of Adapted Physical Activity (ISAPA), University of Jyväskylä, Jyväskylä, Finland.
9. Kim, M., **Kosma, M.**, & Moon, D.-H. (2021, April). *Participation in different types of sports and physical activity among children with disabilities: NHANES 2013-2016*. Research presentation for the SHAPE America virtual national convention.
10. **Kosma, M.**, Erickson, N., Savoie, C. J., & Gibson, M. (2020, April). *Aerial practice performativity, joy, lifestyle, and mental health effects*. Research presentation for the SHAPE America national convention, Salt Lake City, UT.
11. **Kosma, M.**, Erickson, N., Savoie, C. J., & Gibson, M. (2019, July). *Skill development vs. performativity among beginners in aerial practice*. Research presentation for the 15th Annual International Conference on Sport and Exercise Science, Athens Institute for Education and Research (ATINER), Athens, Greece.
12. **Kosma, M.**, & Erickson, N. (2019, April). *The love of aerial dance: Art, movement, community*. Research presentation for the SHAPE America national convention, Tampa, FL.
13. **Kosma, M.**, & Erickson, N. (2019, April). *Body, mind, and emotion in aerial dance*. Research presentation for the SHAPE America national convention, Tampa, FL.
14. Kim, M., Jung, J., & **Kosma, M.** (2018, October). *Children's physical activity participation by disability existence, gender, and age*. Research presentation at the North American Federation of Adapted Physical Activity conference, Corvallis, OR.
15. **Kosma, M.**, & Buchanan, D.R. (2018, March). *Exercise facilitators and barriers among African American young adults*. Research presentation for the SHAPE America national convention, Nashville, TN.
16. **Kosma, M.**, & Buchanan, D.R. (2018, March). *Aspects of depression among African American young adults*. Research presentation for the SHAPE America national convention, Nashville, TN.
17. **Kosma, M.**, & Buchanan, D. R. (2017, July). *"Connect", log it, track it, go! Techne or practical wisdom in exercise promotion?* Oral presentation for the 13th Annual International Conference on Kinesiology and Exercise Sciences, Athens Institute for Education and Research (ATINER), Athens, Greece.
18. **Kosma, M.**, Buchanan, D. R., & Hondzinski, J. (2017, March). *Dilemmas in exercise behavior among older African American women*. Poster presentation for the SHAPE America national convention, Boston, MA.
19. **Kosma, M.**, Hondzinski, J., & Buchanan, D. R. (2017, March). *Exercise, health, and falls risks among older African American women*. Poster presentation for the SHAPE America national convention, Boston, MA.
20. **Kosma, M.**, Buchanan, D. R., & Hondzinski, J. (2016, July). *Practical reasoning in physical activity promotion*. Oral presentation at the 12th Annual International Conference on Kinesiology and Exercise Sciences, Athens Institute for Education and Research (ATINER), Athens, Greece.

21. Hondzinski, J. M., **Kosma, M.**, Buchanan, D. R., McDougal, D. R., & Strain, C. (2016, June). *Mobility differences exist between races in older women*. Poster presentation at the North American Society for the Psychology of Sport and Physical Activity Annual Conference, Montreal, Canada.
22. Ellis, R., **Kosma, M.**, & Bauer, J. J. (2015, April). *Changes in physical activity levels and motivational constructs by disability severity and type*. Poster presentation at the SBM convention, San Antonio, TX.
23. **Kosma, M.** (2015, March). *Stages of physical activity change, self-determination, and adults with disabilities*. Oral presentation at the SHAPE America convention, Seattle, WA.
24. **Kosma, M.**, & Cardinal, B. J. (2015, March). *Older adults' physical activity beliefs by race and activity status*. Oral presentation at the SHAPE America convention, Seattle, WA.
25. **Kosma, M.** (2014, April). *Self-Determination for physical activity among adults with physical disabilities*. Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance convention, St. Louis, MO.
26. **Kosma, M.**, & Ellis, R. (2014, April). *Theory-based physical activity beliefs of culturally diverse older adults*. Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance convention, St. Louis, MO.
27. Gao, Z., Lewis, B., & **Kosma, M.** (2013, May). *Using the Transtheoretical Model to examine the effects of exergaming on physical activity among children*. Poster presentation at the 60th Annual Meeting and 4th World Congress on Exercise is Medicine of the American College of Sports Medicine, Indianapolis, IN.
28. Ellis, R., & **Kosma, M.** (2013, April). *Prospective analysis of physical activity among individuals with physical disabilities*. Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance convention, Charlotte, NC.
29. **Kosma, M.**, & Kim, T. (2012, April). *Predictors of physical activity and falls risks among diverse older adults*. Poster presentation at the 33rd Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA.
30. **Kosma, M.**, & Kasser, S. (2012, April). *Psychosocial predictors of physical activity among adults with multiple sclerosis*. Poster presentation at the 33rd Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA.
31. Ellis, R., **Kosma, M.**, Fabre, J.M., Moore, D.S., Antikainen, I., Baptiste, C., Kim, T., & Wood, R.H. (2011, November). *Sociodemographic characteristics and falls risk factors among independent-living older adults*. Paper presentation at the annual scientific meeting of the Gerontological Society of America, Boston, MA.
32. **Kosma, M.**, Ellis, R., & Bauer, J.J. (2011, June). *Longitudinal changes in psychosocial constructs and physical activity among adults with physical disabilities*. Paper presentation at the International Conference of the Athens Institute for Education and Research (ATINER), Athens, Greece.
33. Kim, T., & **Kosma, M.** (2011, March). *Determinants of physical activity and falls risks among older adults*. Paper presentation at the American Alliance for Health, Physical Education, Recreation, and Dance convention, San Diego, CA.

34. Gonzalez, K., Johnson, S., Ellis R., **Kosma, M.**, Rajasekaran, C., & Wood R. (2011, October). *Timed get-up-and-go test: A comparison of the 3 meter and 10-meter tests*. Paper presentation at the Southwest American College of Sports Medicine Regional, Reno, NV.
35. Kim, T., & **Kosma, M.** (2010, June). *Application of the transtheoretical model among diverse older adults using a modified, stages-of-change scale*. Paper presentation at the North American Society for the Psychology of Sport and Physical Activity, Tucson, AZ.
36. Ellis, R., **Kosma, M.**, & Symons Downs, D. (2010, June). *Moderators of youth exercise intention and behavior*. Paper presentation at the North American Society for the Psychology of Sport and Physical Activity, Tucson, AZ.
37. **Kosma, M.**, & Ellis, R. (2010, March). *Stages-of-change physical activity scale for adults with physical disabilities*. Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance convention, Indianapolis, IN.
38. Ellis, R., Moore, D., **Kosma, M.**, Fabre, J., & Wood, R. (2009, November). *An examination of the sensitivity of the Activities-specific Balance Confidence (ABC) scale*. Poster presentation at the scientific meeting of the Gerontological Society of America, Atlanta, GA.
39. **Kosma, M.**, Ellis, R., & Li, L. (2009, July). *Application of the transtheoretical model for physical activity among older adults with peripheral neuropathy*. Paper presentation at the International Conference of the Athens Institute for Education and Research (ATINER), Athens, Greece.
40. **Kosma, M.**, Ellis, R., & Li, L. (2009, April). *Predictors of physical activity among older adults with peripheral neuropathy*. Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance convention, Tampa, FL.
41. Moore, S.D., Ellis, R., **Kosma, M.**, Fabre, J., McCarter, K.S., & Wood, R.H. (2009, April). *RC grant findings: validation of fall-related psychological measures among independent-living older adults*. Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance convention, Tampa, FL.
42. Zhang, T., Solmon, M.A., Gao, Z., & **Kosma, M.** (2009, April). *Examining school students' participation in leisure-time physical activity behaviors [2009 Research Consortium Graduate Student Award Winner]*. Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance convention, Tampa, FL.
43. Holton, F., Ellis, R., **Kosma, M.**, Cherry, K., Antikainen, I., Russell, R., & Wood, R. (2008, May). *Predictors of ADL disability in culturally diverse older adults*. Paper presentation at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.
44. Gao, Z., Lee, A.M., **Kosma, M.**, & Solmon, M.A. (2008, May). *Understanding students' motivation in physical education: Examining the mediating role of self-efficacy on physical activity*. Paper presentation at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.
45. Gao, Z., Liu, Y., Zhang, T., & **Kosma, M.** (2008, April). *Temporal stability of outcome expectancy in middle school physical education*. Poster presentation at the American Alliance for Health, Physical Education, Recreation and Dance convention, Fort Worth, TX.

46. Gao, Z., Lee, A.M., Xiang, P., & **Kosma, M.** (2008, March). *Students' motivation and physical activity levels in middle school physical education: The effects of activity, grade, and gender.* Paper presentation at the American Educational Research Association Annual Meeting, New York City, NY.
47. Zhang, T., Solmon, M.A., **Kosma, M.**, Carson, R.L., & Gu, X. (2008, March). *Need support, need satisfaction, intrinsic motivation, and physical activity participation among middle school students.* Paper presentation at the American Educational Research Association Annual Meeting, New York City, NY.
48. Antikainen I.E., Ellis, R., & **Kosma, M.** (2007, June). *Change in physical activity beliefs among culturally diverse older adults.* Poster presentation at the North American Society for the Psychology of Sport and Physical Activity conference, San Diego, CA.
49. Gao, Z., Lee, A., Solmon, M., **Kosma, M.**, Carson, R., Zhang, T., Domangue, E., & Moore, D. (2007, June). *Comparison of objective measures of in-class activity levels among middle school students.* Poster presentation at the annual meeting of the American College of Sports Medicine, New Orleans, LA.
50. **Kosma, M.**, Ellis Gardner, R., Cardinal, B.J., Bauer, J.J., & McCubbin, J.A. (2007, March). *Health-related quality of life predictors for adults with physical disabilities.* Poster presentation at the American Alliance for Health, Physical Education, Recreation and Dance convention, Baltimore, MD.
51. **Kosma M.**, Ellis Gardner, R., Cardinal, B.J., Bauer, J.J., & McCubbin, J.A. (2006, July). *The mediating role of the stages of change in physical activity among adults with physical disabilities.* Paper presentation at the 26th International Congress of Applied Psychology, Athens, Greece.
52. Rintala, P., **Kosma M.**, Wood, T.M., & Acock, A.C. (2006, July). *Determinants of adaptive behavior among adults with intellectual disabilities.* Paper presentation at the AIESEP World Congress, Jyväskylä, Finland.
53. Ellis Gardner, R., **Kosma, M.**, Cardinal, B.J., Bauer, J.J., & McCubbin, J.A. (2006, June). *The Mediating role of intention in physical activity among adults with physical disabilities.* Paper presentation at the North American Society for the Psychology of Sport and Physical Activity conference, Denver, CO.
54. Ellis Gardner, R., **Kosma, M.**, Cardinal, B.J., Bauer, J.J., & McCubbin, J.A. (2006, June). *Physical activity beliefs and behavior of adults with physical disabilities.* Poster presentation at the North American Society for the Psychology of Sport and Physical Activity conference, Denver, CO.
55. Paul, K.C., Ellis Gardner, R., **Kosma, M.**, Solmon, M., & Symons Downs, D. (2006, June). *Psychological correlates of youth exercise behavior.* Poster presentation at the North American Society for the Psychology of Sport and Physical Activity conference, Denver, CO.
56. **Kosma, M.**, Parish, T.R., Moore, C. & Welsch, M.A. (2006, May). *Relationship between stages of change, physical activity, and exercise tolerance among patients with heart failure.* Poster presentation at the annual meeting of the American College of Sports Medicine, Denver, CO.
57. Parish, T.R., **Kosma, M.**, Moore, C., & Welsch, M.A. (2006, May). *Stage of readiness to adopt exercise identifies patients with heart failure at increased risk.* Poster presentation at the annual meeting of the American College of Sports Medicine, Denver, CO.
58. Silverman, L., Lakkakula, P., Tuuri, G., Solmon, M.A., Chen, J., Laird, R., **Kosma, M.**, & Vuppala, S. (2005, July). *Parent response to a body mass index report.* Presentation at the Society for Nutrition Education Annual conference, Orlando, FL.

59. Tuuri, G., Solmon, M., Chen, J., Laird, R., **Kosma, M.**, & Vuppala S. (2005, June). *Development and pilot testing of a body mass index-for-age percentile report card*. Paper presentation at the annual meeting of the American College of Sports Medicine, Nashville, TN.
60. **Kosma, M.**, McCubbin, J.A., & Cardinal B.J. (2005, April). *Longitudinal effects of a web-based physical activity motivational program among adults with physical disabilities*. Paper presentation at the American Alliance for Health, Physical Education, Recreation and Dance convention, Chicago, IL.
61. **Kosma, M.**, McCubbin, J.A., & Cardinal B.J. (2004, October). *Recruitment techniques among understudied populations and their implications for physical activity promotion*. Paper presentation at the North American Federation of Adapted Physical Activity conference, Thunder Bay, ON.
62. **Kosma, M.**, Cardinal, B.J., & McCubbin, J.A. (2004, August). *Relationship of physical activity motivational factors among physically inactive adults with physical disabilities*. Paper presentation at the AIESEP 2004 Pre-Olympic Congress, Thessaloniki, Greece.
63. **Kosma, M.**, Cardinal, B.J., & McCubbin, J.A. (2004, April). *Psychosocial influences of physical activity stage patterns among inactive adults with physical disabilities*. Paper presentation at the American Alliance for Health, Physical Education, Recreation and Dance convention, New Orleans, LA.
64. **Kosma, M.**, Cardinal, B.J., & McCubbin, J.A. (2004, April). *Web-based motivational materials aimed at physical activity initiation and enhancement among adults with physical disabilities*. Paper presentation at the American Alliance for Health, Physical Education, Recreation and Dance convention, New Orleans, LA.
65. Cardinal, B.J., **Kosma, M.**, & McCubbin, J.A. (2003, May). *A national study of adults with physical disabilities' physical activity behavior using transtheoretical model constructs*. Poster presentation at the annual meeting of the American College of Sports Medicine, San Francisco, CA.
66. **Kosma, M.**, Cardinal, B.J., & McCubbin, J.A. (2003, April). *Factors influencing physical activity among adults with physical disabilities*. Paper presentation at the American Alliance for Health, Physical Education, Recreation and Dance convention, Philadelphia, PA.
67. Cardinal, B.J., **Kosma, M.**, & McCubbin, J.A. (2003, March). *Transtheoretical strategies for physical activity*. Research brief presented at the Changing Concepts for Health and Disability conference, Bethesda, MD.
68. **Kosma, M.**, & McCubbin, J.A. (2002, October). *Overcoming barriers to physical activity for health*. Presentation at the Celebrate Wellness III conference, Eugene, OR.
69. **Kosma, M.**, Wood, T.M., Rintala, P., & Acock, A.C. (2002, September). *Influential factors of adaptive behavior among adults with intellectual disabilities*. Paper presentation at the North American Federation of Adapted Physical Activity conference, Corvallis, OR.
70. **Kosma, M.**, Cardinal, B.J., & Rintala, P. (2002, September). *Theories and strategies for motivating individuals with disabilities to be physically active*. Paper presentation at the North American Federation of Adapted Physical Activity conference, Corvallis, OR.
71. Cardinal, B.J., & **Kosma, M.** (2002, September). *Transtheoretical model and muscular fitness promoting behaviors*. Poster presentation at the North American Federation of Adapted Physical Activity conference, Corvallis, OR.

72. **Kosma, M.** (2001, November). *The antidepressant effect of exercise*. Paper presentation at the 30th National Conference on Physical Activity for the Exceptional Individual, Los Angeles, CA.
73. **Kosma, M.**, Karteroliotis, K., & Papatthomopoulos, K. (1998, Fall). *The examination of sport orientation in Greek athletes*. Presentation at the 2nd International Congress on Sport Psychology, University of Thessaly, Trikala, Greece.

FUNDED RESEARCH GRANTS

- Kosma, M.** (2022-2023). *Phenomenological body spatiality in physical theater: Body schema, love of movement, health, and well-being*. Provost's Fund for Innovation in Research – Arts/Humanities Project Support Fund. Louisiana State University, Baton Rouge, LA. Amount funded on February 23, 2023: \$3,000.
- Kosma, M.** (2019 - 2022). *The effects of physical theater on the joy of movement and psychological health*. Peabody Society Dean's Circle Grant Program, College of Human Sciences and Education, Louisiana State University, Baton Rouge, LA. Amount Funded on May 2019: \$4,920.
- Kosma, M.** (2018). *Art, embodiment, and phronesis in exercise promotion*. Peabody Society Dean's Circle Grant Program, College of Human Sciences and Education, Louisiana State University, Baton Rouge, LA. Amount Funded in June 2018: \$5,600.
- Kim, M., & **Kosma, M. (Co-I)** (2018). *The effects of a performative exercise intervention on Korean immigrant older adults' physical function and exercise maintenance*. Faculty Research Grant at Northeastern State University, Tahlequah, OK. Amount Funded in July 2018: \$2,852.
- Kasser, S., & **Kosma, M. (Co-I)** (2009). *Health beliefs, intention and exercise behavior in MS*. College of Nursing and Health Sciences Research Grant, University of Vermont, Burlington, VT. Amount Funded on June 2009: \$6,200.
- Kosma, M. (PI)**, & Ellis, R. (Co-I) (2007-2008). *Construct validity of a stages-of-change algorithm among adults with multiple sclerosis*. National Multiple Sclerosis Society (Grant No PP1463). Amount Funded on October 2007: \$44,000.
- Tuuri, G., Chen, J., **Kosma, M. (Co-I)**, Laird, R., & Solmon, M.A. (2004-2005). *Development and pilot testing of a school body mass index report card*. LSU Faculty Research Grant Program Interdisciplinary Proposal. Amount Funded on February 2004: \$20,471.
- Kosma, M.** (2004-2005). *A web-based physical activity motivational program for adults with physical disabilities*. LSU Summer Stipend Grant Program. Amount Funded on January 2004: \$5,000.
- Kosma, M.** (2002-2003). *Interactive vs. non-interactive electronically delivered motivational materials for physical activity initiation and enhancement among adults with physical disabilities*. International Trade and Development Graduate Fellowship, Nippon Foundation of Japan awarded through the Oregon University System. Amount Funded on May 2002: \$10,000.

NOT FUNDED RESEARCH GRANTS

- Kosma, M.** (2023). *Phenomenological body schema as motor habit in skill acquisition – Intentionality is in action*. Provost's Fund for Innovation in Research – Faculty Travel Grants – Summer 2022/2023. Although the grant would have been funded, it was deemed ineligible because of the timing of fund allocations. Proposal submitted on February 24, 2023. Amount requested: \$1,000. On May 2, 2023, the application was deemed ineligible due to the timing of funding.
- Fabre, J.M., Ma, O., Li, F., **Kosma, M. (Co-I)**, & Wood, R (2014). *Tai chi and advanced gait analysis in community dwelling older adults*. Requested \$1,191,659 from the National Institute of Health Division of General Medical Sciences (1SC1GM109812-01A1). Proposal submitted on May 29, 2014. Although it received a fundable score (40), funding was not provided due to limited NIH funds.
- Fabre, J.M., Ma, O., Li, F., **Kosma, M.**, & Wood, R (2013). *Tai chi and advanced gait analysis of community dwelling older adults*. Requested \$1,241,000 from the National Institute of General Medical Sciences (1SC1GM109812-01). Proposal submitted on May 24, 2013. Not funded.
- Wood, R.H., **Kosma, M.**, Ellis, R., & Favela, B. (2011). *Lowering falls risk and improving health access for rural living older adults*. Requested \$295,074 from the United States Department of Agriculture, Rural Health and Safety Program. Proposal revised and resubmitted on July 1, 2011. Not funded.
- Youngho, K., & **Kosma, M.** (2010). Physical activity and its related psychological constructs among Korean and American older adults: Application of the theory of planned behavior. Requested \$80,467 from the Global Research Network Program, Korean (National) Research Foundation. Proposal submitted June 10, 2010. Not funded.
- Wood, R., **Kosma, M.**, Ellis, R., Strong, E., Jacquez, B., Tudor, G., Chamberlin, B. (2010). *Lowering falls risk and improving health access for rural-living older adults*. Requested \$350,000 from USDA/NIFA – Rural Health and Safety Education Grant Program. **PI (subcontractor) for Louisiana State University (LSU): Kosma M.** Amount requested for LSU: \$70,000. Proposal submitted June 01, 2010. Not funded.
- Kosma, M.** (2010). *An electronically delivered, stage-matched, physical activity motivational program among adults with physical disabilities*. Requested \$75,000 from the National Institute on Disability and Rehabilitation Research, U.S. Department of Education/Office of Special Education and Rehabilitative Services. Proposal submitted January 26, 2010. Not funded.
- Kosma, M.** (Principal Investigator) & Ellis, R. (Co-Investigator) (2008). *Construct validity of a stages-of-change algorithm among adults with physical disabilities*. Requested \$5,000 from the American Alliance for Health, Physical Education, Recreation and Dance. Second phase of proposal submitted January, 2008. Not funded.
- Kosma, M.** (2006). *Psychosocial determinants of physical activity and physical function among adults with physical disabilities: An integrative framework*. Requested \$10,000 from the Faculty Research Grant Program Individual Proposal. Submitted April, 2006. Not funded.
- Singelmann, J., Guin, C., Monroe, P., & Kondrat, M.E. (2005). Center for Research on Southern Poverty: Pathways out of poverty. **PI for Kinesiology project: Kosma M.**; Co-PIs: Gardner, R.E., Wood., R.H., Malone, L.A., Solmon, M.A., & Singelmann, J. *Psychosocial determinants of self-report and performance-based physical activity among adults with physical disabilities*. Three year budget was \$1,000,000; requested amount for Kinesiology group \$20,000 from the Area Poverty Research Centers: Assistant Secretary for Planning and Evaluation/DHHS. Submitted August, 2005. Not funded.

Ellis Gardner, R., Wood, R.H., Solmon, M.A., **Kosma, M.**, Harrison, L., & Goodson, M. (2005). *The effects of community revitalization on physical activity patterns of urban residents*. Requested \$200,000 from the Robert Wood Johnson Foundation/Active Living Research. Submitted May, 2005. Not funded.

Kosma, M. (2005). *Psychosocial determinants of stages of change and physical activity among adults with physical disabilities*. Requested \$10,000 from the Faculty Research Grant Program Individual Proposal. Submitted April, 2005. Not funded.

Solmon, M.A., Ellis Gardner, R., Harrison, L., Johnson, L., **Kosma, M.**, Tuuri, G., & Wood, R.H. (2004). *Using a structural equation model to examine relationships between the built environment, health behaviors, and obesity in a diverse community*. Requested \$392,500 from the National Institutes of Health. Submitted December, 2004. Not funded.

Kosma, M. (2004). *A web-based physical activity motivational program for adults with physical disabilities*. Requested \$10,000 from the American College of Sports Medicine Foundation. Submitted January, 2004. Not funded.

Kosma, M. (2002). *A web-based physical activity motivational intervention for adults with physical disabilities*. Requested \$3,000 from the Northwest Health Foundation. Submitted October, 2002. Not funded.

FUNDED TRAVEL RESEARCH GRANTS

Kosma, M. (2023). *Physical theater, embodiment, mental health, and the love of movement*. Provost's Fund for Innovation in Research – Faculty Travel Grant. Awarded to present in the 2023 research consortium of the SHAPE America National Convention in Seattle, WA. Amount requested, \$1,000. Amount funded, \$1,000.

Kosma, M. (2022). CHSE Dean's Faculty Research & Travel Grant Program. Awarded to present at the 18th Annual International Conference on Sport and Exercise Science, Athens Institute for Education and Research (ATINER), Athens, Greece. Amount requested, \$2,770. Amount funded, \$2,000.

Kosma, M. (2020). LSU Faculty Travel Grant. Awarded to present in the research consortium of the SHAPE America conference in Salt Lake City, UT. Accepted January 2020, \$750.

Kosma, M. (2019). CHSE Dean's Faculty Research & Travel Grant Program. Awarded to present at the 15th Annual International Conference on Sport and Exercise Science, Athens Institute for Education and Research (ATINER), Athens, Greece. Accepted August 2019, \$1,993.

Kosma, M. (2019). CHSE Dean's Faculty Research & Travel Grant Program. Awarded to present at the National Convention of SHAPE America in Tampa, FL. Accepted February 2019, \$500.

Kosma, M. (2017). CHSE Dean's Auxiliary Travel Research and Travel Proposal. Awarded to present at the 13th Annual International Conference on Kinesiology and Exercise Sciences, Athens Institute for Education and Research (ATINER), Athens, Greece. Accepted July 2017, \$2,500.

Kosma, M. (2016). CHSE Dean's Auxiliary Travel Research and Travel Proposal. Awarded to present at the 12th Annual International Conference on Kinesiology and Exercise Sciences, Athens Institute for Education and Research (ATINER), Athens, Greece. Accepted March 2016, \$1,000.

Kosma, M. (2015). LSU Faculty Travel Grant. Awarded to present in the research consortium of the SHAPE America conference in Seattle, WA. Accepted January 2015, \$750.

- Kosma, M.** (2015). CHSE Dean's Auxiliary Travel Research and Travel Proposal. Awarded to present in the research consortium of the SHAPE America conference in Seattle, WA. Accepted April 2015, \$953.
- Kosma, M.** (2014). LSU Faculty Travel Grant. Awarded to present in the research consortium of the SHAPE America (*formerly*: American Alliance for Health, Physical Education, Recreation and Dance) conference at St. Louis, MO. Accepted February 2014, \$750.
- Kosma, M.** (2011). Honorarium (\$300) recipient from the College of Public Health and Human Sciences at Oregon State University in order to discuss struggles in academia and ways to enhance student success in landing an academic position.
- Kosma, M.** (2011). Oregon State University (OSU) Alumni Association travel support (\$870) in order to receive the 2011 OSU Young Alumni Award and present at the "*Classes without Quizzes*" homecoming seminar at Oregon State University, Corvallis, OR
- Faculty Advisor** (2010). Graduate Student Travel Award (T. Kim). Awarded to Mr. Kim to present his milestone paper at the North American Society for the Psychology of Sport and Physical Activity conference, Tucson, AZ. Accepted June 2010, \$350.
- Kosma, M.** (2009). College of Education Faculty Travel Grant. Awarded to present at the International Conference of the Athens Institute for Education and Research (ATINER), Athens, Greece. Accepted April 2009, \$1,000.
- Kosma, M.** (2009). LSU Faculty Travel Grant. Awarded to present at the American Alliance for Health Physical Education Recreation and Dance conference, Tampa, FL. Accepted February 2009, \$750.
- Kosma, M.** (2008). Oregon Health and Science University State of the Science Scholarship. Awarded to present at the State of the Science Conference on Health, Wellness, and Disability, Portland, OR.
- Kosma, M.** (2008). LSU Faculty Travel Grant. Awarded to present and be inducted as a fellow in the research consortium of the American Alliance for Health Physical Education Recreation and Dance conference, Fort Worth, TX. Accepted February 2008, \$750.
- Kosma, M.** (2007). LSU College of Education Faculty Travel Grant. Awarded to present at the American Alliance for Health Physical Education Recreation and Dance conference, Baltimore, MD. Accepted March 2007, \$500.
- Kosma, M.** (2006). LSU Faculty Travel Grant. Awarded to present at the International Congress of Applied Psychology, Athens, Greece. Accepted July 2006, \$1,000.
- Kosma, M.** (2006). LSU Faculty Travel Grant. Awarded to present at the annual meeting of the American College of Sports Medicine and the North American Society for the Psychology of Sport and Physical Activity conference (joint meeting), Denver, CO. Accepted February 2006, \$750.
- Kosma, M.** (2004). LSU Teaching Enhancement Fund. Awarded to present at the North American Federation of Adapted Physical Activity conference, Thunder Bay, ON. Amount funded \$400.
- Kosma, M.** (2004). LSU Faculty Travel Grant. Awarded to present at AIESEP Pre-Olympic Congress, Thessaloniki, Greece. Amount funded \$1,000.
- Kosma, M.** (2004). LSU Faculty Travel Grant. Awarded to present at the American Alliance for Health Physical Education Recreation and Dance conference, New Orleans, LA. Amount funded \$580.

Kosma, M. (2003). OSU Graduate and Professional Student Association. Awarded to present at the annual meeting of the American College of Sports Medicine, San Francisco, CA. Amount funded \$120.

HONORS AND AWARDS

- 2022-2025 Head of ATINER's Sport Unit in collaboration with the Social Science Division, Athens Institute for Education and Research (ATINER), Athens, Greece.
- 2023 Honored at halftime during the October 19, 2023, women's soccer Faculty/Staff Appreciation game between LSU and University of Arkansas. The instructor's honor was for the unwavering support to the student-athletes and assistance in maintaining high academic standards and receiving yearly awards from the United Soccer Coaches Association.
- 2020 *Featured research publication: Kosma, M., Erickson, N., Savoie, C. J., & Gibson, M. (2021). The effectiveness of performative aerial practice on mental health and the love of movement. *Research in Dance Education*, 22, 210-227. doi:10.1080/14647893.2020.1784868. Honored for excellent research by Arts Education Partnership at Education Commission of the States, in consultation with the American Educational Research Association and the American Evaluation Association (December 2020). <https://www.artsedsearch.org/study/the-effectiveness-of-performative-aerial-practice-on-mental-health-and-the-love-of-movement/>.*
- 2018 Recipient, 15-year service award, Louisiana State University, Baton Rouge, LA.
- 2011 Recipient of the 2011 Oregon State University Young Alumni Award. Awarded at the 2011 Alumni Fellows and Young Alumni Awards Banquet, Corvallis, OR.
- 2008 Fellow, Research Consortium (*now*: SHAPE), American Alliance for Health, Physical Education, Recreation, and Dance (*now*: SHAPE). Inducted at the 2008 AAHPERD National Convention, Fort Worth, TX.
- 2008 Emerging Scholar Award on Health, Wellness and Disability, Rehabilitation Research and Training Center, Oregon Health and Science University, Portland, OR.
- 2008 Certificate of Achievement for receiving the Mabel Lee Award through AAHPERD, College of Education, Louisiana State University.
- 2008 Certificate of Achievement for obtaining Fellow Status in the Research Consortium of AAHPERD, College of Education, Louisiana State University.
- 2007 Mabel Lee Award, American Alliance for Health Physical Education Recreation and Dance. Awarded at the 2007 AAHPERD National Convention, Baltimore, MD.
- 2004 Sport and Exercise Psychology Academy Dissertation Award. American Alliance for Health Physical Education Recreation and Dance/NASPE. Awarded at the AAHPERD National Convention, New Orleans, LA.
- 2003 Research Consortium Graduate Student Research Award (\$1,000). American Alliance for Health Physical Education Recreation and Dance. Awarded at the AAHPERD National Convention, Philadelphia, PA.
- 2003 Steven O. Skaggs Award, Oregon State University, Movement Studies in Disability Program, Department of Exercise and Sport Science, Corvallis, OR.

- 2003 Certificate of Appreciation, for 2 years service as a student representative of the International Federation of Adapted Physical Activity.
- 2002 Second Prize Award (\$125): Oral Presentation Competition, Oregon State University Graduate Conference, Corvallis, Oregon.
- 1998-1999 ERASMUS Exchange Scholarship: European Master's Degree in Adapted Physical Activity.
- 1996-1997 Honorary Scholarship (~\$575) for college-level academic excellence (1995-1996), Ministry of Education, Greece.
- 1993 Mayoral Recognition/Award for high school student excellence, Lamia, Greece.

BIOGRAPHICAL CITATIONS

Listed in, *Who's Who in America*, Marquis Who's Who (2019).

Listed in, *Who's Who in the World*, Marquis Who's Who (2019).

Listed in, *Albert Nelson Marquis Lifetime Achievement Award* (2018).

Listed in, *Who's Who in the World*, Marquis Who's Who (2018).

Listed in, *Who's Who in Academia* (2014).

Listed in, *Who's Who in America*, Marquis Who's Who (2011).

Listed in, *Cambridge Who's Who Registry among Executives, Professionals and Entrepreneurs*, Cambridge Who's Who (2010-2011).

Listed in, *Cambridge Who's Who Registry among Executives and Professionals*, Cambridge Who's Who (2009-2010)

Listed in, *Biltmore Who's Who Empowering Executives and Professionals* (2010).

Listed in, *Who's Who in Medicine and Healthcare*, Marquis Who's Who (2009-2010).

Listed in, *Who's Who in America*, Marquis Who's Who (2009).

Listed in, *Who's Who Among Executives and Professionals*, Madison Who's Who (2008-2009).

Listed in, *Who's Who in the World*, Marquis Who's Who (2007).

Listed in, *Who's Who in Medicine and Healthcare*, Marquis Who's Who (2007).

Listed in, *Who's Who Among America's Teachers*, National Association of Sport and Physical Education (2006).

PROFESSIONAL AFFILIATIONS

ATINER: Athens Institute for Education and Research, Athens, Greece (2009 – Present)

SHAPE America (*formerly*: AAHPERD) (2002-present)

North American Society for Psychology of Sport and Physical Activity (2009-2010)

American Psychological Association/Division 38 (Health Psychology) (2008)

International Federation of Adapted Physical Activity (2002-2008)

North American Federation of Adapted Physical Activity (2002-2008)

American College of Sports Medicine (2004, 2006)

American Public Health Association (2006)

International Association of Applied Psychology (2006-2007)

Louisiana Association for Health, Physical Education, Recreation and Dance (2004-2007)

National Association for Kinesiology and Physical Education in Higher Education (2002-2005)

UNIVERSITY SERVICE

Louisiana State University: School of Kinesiology

Member, Search Committee for the position of Assistant/Associate Professor in Pedagogy and Psychological Sciences. Position was filled (2016-2017).

Member, Diversity Committee for Strategic Planning (2012 – present)

Member, Research Committee for Strategic Planning (2009 – 2011)

Member, Dissertation Selection Committee (2009, 2011)

Member-at-Large, Departmental Advisory Council (2009)

Member, Teacher Education Committee (2003 – 2009)

Member, Awards Committee (2005 – 2006, 2008-2009)

Member, Search Committee for the Assistant Professor position in Pedagogy and Psychological Sciences (position was filled) (2007 – 2008).

Member, Search Committee for the position of Department Chair (position was filled) (2007 – 2008).

Member, Search Committee for the Assistant Professor position in Human Motor Development (position was filled) (2006 – 2007).

Member, Search Committee for the Assistant Professor position in Health Promotion (position was not filled) (2005 – 2006).

Member, Graduate Student Learning Outcomes Committee (2005 – 2006)

Member, Undergraduate Research Committee (2005 – 2006)

Member, General Education Committee (2005 – 2006)

Course coordinator, Kin 1600, Personal and Community Health Problems (2004 – 2005)

Louisiana State University: College of Human Sciences and Education

Member, Life Course and Aging Center (2017 – present)

Member, Internationalization Advisory Committee (2014-2017)

Member, Diversity Committee (2006 – 2011)

Member, Research Advisory Committee (2005 – 2006)

Louisiana State University: Center Service

Member, Life Course and Aging Center (2004 – 2016)

Member, Louisiana Population Data Center (2005 – 2011)

PROFESSIONAL SERVICE

Honorary International Elected Ex officio Appointment

August 2022 – July 2025: Head of ATINER's Sport Unit in collaboration with the Social Science Division, Athens Institute for Education and Research (ATINER), Athens, Greece.

Graduate Program Consultant

Fall 2018 – spring 2019: Consultant, Physical Activity Health Promotion Graduate Certificate and Program; MS in Kinesiology; PhD in Health Science. School of Allied Health Sciences, Boise State University, Boise, ID.

Graduate Program Reviewer

October 2018: External Reviewer, Master of Science Degree in Health & Kinesiology. Department of Health & Kinesiology, College of Education, Northeastern State University, Tahlequah, OK.

Committee Service

Member, Program Committee for Sport and Exercise Psychology for the 2010 North American Society for the Psychology of Sport and Physical Activity convention. Responsibilities included organizing the sport and exercise program for the 2010 conference with the theme being “sport and exercise with special populations”; selecting major speakers and senior lecturer; selecting invited symposia; selecting moderators/presiders; reviewing conference abstracts.

Student representative, International Federation of Adapted Physical Activity (2001 – 2003)

Editorial Team

Athens Journal of Sports (2022 – present)

Editorial Board

European Journal of Adapted Physical Activity (2008 – present)

International Journal of Kinesiology and Sports Science (2017 – present)

Book Review

Sanderson, C. A. (2017). *Sport Psychology*. New York, NY: Oxford University Press.

Manuscript Reviewer (alphabetically listed)

Adapted Physical Activity Quarterly

Behavioral Neurology

BMC Geriatrics

BMC Public Health

Disability and Health Journal

Disability and Rehabilitation

Community Health Equity Research & Policy

European Journal of Adapted Physical Activity

Health Psychology

International Journal of Kinesiology and Sports Science

International Journal of Sport and Exercise Psychology

International Journal of Undergraduate Research and Creative Activities

International Journal of Sport Psychology

Journal of Gerontology: Psychological Sciences

Journal of Music and Dance

Journal of Science and Medicine in Sport

Journal of Sport & Exercise Psychology

Journal of Sports Sciences

Journal of Teaching in Physical Education

Journal of Women's Health

Medicine & Science in Sports & Exercise

PLOS One

Preventive Medicine

Psychological Reports

Research Quarterly for Exercise and Sport

Sports Health

Sport, Exercise, and Performance Psychology

Women in Sport & Physical Activity Journal

Research Abstract Reviewer

Research abstracts program reviewer, Motivation and Psychology, for the 2024 SHAPE America national convention in Cleveland, OH.

Research abstract reviewer for the 2024 ATINER 20th Annual International Conference on Sport & Exercise Science in Athens, Greece.

Research abstracts program reviewer for the 2023 ATINER 23rd Annual International Conference on Sports: Economic, Management, Marketing & Social Aspects in Athens, Greece.

Research abstracts program reviewer, Motivation and Psychology, for the 2022 SHAPE America national convention in New Orleans, LA.

Research abstracts program reviewer, Motivation and Psychology, for the 2021 SHAPE America virtual national convention.

Research abstracts program reviewer, Motivation and Psychology, for the 2020 SHAPE America national convention in Salt Lake City, UT.

Research abstracts program reviewer, Motivation and Psychology, for the 2019 SHAPE America national convention in Tampa, FL.

Research abstracts program reviewer, Motivation and Psychology, for the 2018 SHAPE America national convention in Nashville, TN.

Research abstracts program reviewer, Motivation and Psychology, for the 2017 SHAPE America national convention in Boston, MA.

Research abstracts program reviewer, Motivation and Psychology, for the 2016 SHAPE America national convention in Minneapolis, MN.

Research abstracts program reviewer, Motivation and Psychology, for the 2015 SHAPE America national convention in Seattle, WA.

Research abstracts program reviewer, Motivation and Psychology, for the 2014 SHAPE America national convention in Indianapolis, IN.

Sport and Exercise Psychology program reviewer for the North American Society for the Psychology of Sport and Physical Activity convention (2010).

Research Consortium program reviewer for the American Alliance for Health, Physical Education, Recreation and Dance convention (2006).

Award Reviewer

Review panelist, Sport and Exercise Psychology Dissertation Award, National Association for Sport and Physical Education (2005).

International Conference Special Session Development and/or Academic Leadership

I created and was selected as an academic leader for a special session on “*HEART: Health, Exercise, Art*” for two 2023 ATINER conferences in Athens, Greece: a) *11th Annual International Conference on Health & Medical Sciences*, 1-4 May 2023, <https://www.atiner.gr/hschea> and b) *19th Annual International Conference on Sport & Exercise Science* 24-27 July 2023, <https://www.atiner.gr/fithea>

I was selected as an academic leader for a *Small Symposium on “Global Sports”* as part of the *17th Annual International Conference on Global Studies* (<https://www.atiner.gr/cbcspo>), 18-21 December 2023, Athens, Greece, in collaboration with the PanHellenic Association of Sport Economics & Managers (PASEM). Sponsored by the *Athens Journal of Sports*.

International Conference Presider

Presided over three research presentation sessions at the 19th Annual International Conference on Sport & Exercise Science. Athens Institute for Education and Research (ATINER), Athens, Greece (2023).

Presided over three research presentation sessions at the 18th Annual International Conference on Sport & Exercise Science. Athens Institute for Education and Research (ATINER), Athens, Greece (2022).

Presided the “Injury and Rehabilitation in Sport and Exercise” program session at the 13th Annual International Conference on Kinesiology and Exercise Sciences, Athens Institute for Education and Research (ATINER), Athens, Greece (2017).

Presided the “Exercise Biochemistry/Biomechanical Effects of Training” program session at the 12th Annual International Conference on Kinesiology and Exercise Sciences, Athens Institute for Education and Research (ATINER), Athens, Greece (2016).

Presided the “Motivation and Psychological Factors” program session at the American Alliance for Health, Physical Education, Recreation, and Dance national convention, Indianapolis, IN (2010).

Presided the Lifestyle and Health session at the 26th International Congress of Applied Psychology, Athens, Greece (2006).

Presided over two sessions at the North American Federation of Adapted Physical Activity conference, Corvallis, OR (2002).

Dissertation Research External Examiner

Dissertation research external examiner for Mr. Kwok Ng, PhD candidate, Faculty of Sport and Health Sciences, University of Jyväskylä, Jyväskylä, Finland – July 2016.

Personnel Assessment for Promotion, Retention, and Tenure

Peer Assessment for *promotion in rank to Associate Professor with tenure* to Stamatis Agiovlasis, Ph.D., Professor, Department of Kinesiology, Mississippi State University.

Peer Assessment for *promotion in rank to Associate Professor with tenure* to Rie Suzuki, Ph.D., Associate Professor, Department of Public Health and Health Sciences, School of Health Professions and Studies, The University of Michigan-Flint.

Peer Assessment of Teaching for *promotion in rank to Professor* to Bradley J. Cardinal, Ph.D., Professor, College of Public Health and Human Sciences, Oregon State University.

Peer Assessment of Teaching for *promotion in rank to Associate Professor with tenure* to Joonkoo Yun, Ph.D., Walker Distinguished Professor and Chair of the Department of Kinesiology at East Carolina University, Greenville, NC. *Formerly:* Professor, College of Public Health and Human Sciences, Oregon State University.

INTERNATIONAL SABBATICAL LEAVE SCHOLARS HOSTED

Scholar's Name	Scholar's Home Institution	Nature of Appointment and Inclusive Dates
Ms. Xingling Xu, Senior Lecturer	Jiangsu University of Science and technology, Jiangsu Province, China	Visiting Scholar, School of Kinesiology, LSU, 8/12 – 2/13

LECTURE-BASED COURSES TAUGHT AT LSU

1. Kin 7604 (Graduate), *Community-Based Public Health*
2. Kin 7999 (Graduate Seminar), *Community-Based Public Health*
3. Kin 7900 (Graduate), *Introduction to Research Methods*
4. Kin 7601 (Graduate), *Changing Health Behavior*
5. Kin 4520 (Undergraduate), *Psychosocial Aspects of Physical Activity*
6. Kin 4501 (Undergraduate, Special Topics), *Society, Movement, Health*
7. Kin 4601 (Undergraduate), *Community Health Issues*

8. Kin 4501 (Undergraduate, Special Topics), *Socio-cultural Aspects of Exercise*
9. Kin 4606 (Undergraduate), *Introduction to Health Promotion*
10. ENTR 4100 and ID 4758 (co-instructor, undergraduate - interdisciplinary), *Introduction to Healthcare Innovation*
11. Kin 3540 (Undergraduate), *Mild/Moderate Disabilities and Physical Activity*
12. Kin 2540 (Undergraduate), *Introducing Physical Education for Individuals with Disabilities*

MENTORED RESEARCH, STUDY (UNDERGRADUATE AND GRADUATE) AT LSU

1. Kin 4900 (Undergraduate), *Independent Study*
2. Kin 8900 (Graduate), *Independent Research*
3. Kin 9000 (Graduate), *Dissertation Research*

INVITED GUEST LECTURER

1. HPP 632, Social Justice Public Health (*topic: Racism*), Spring 2018, Department of Community Health Education, School of Public Health and Health Sciences, University of Massachusetts, Amherst, MA.
2. KIN 7503, Dimensions of Aging, Fall 2010, Department of Kinesiology, Louisiana State University, Baton Rouge, LA.
3. KIN 2501, History and Philosophy of Kinesiology, Fall 2006, Department of Kinesiology, Louisiana State University, Baton Rouge, LA.
4. KIN 2501, History and Philosophy of Kinesiology, Spring 2006, Department of Kinesiology, Louisiana State University, Baton Rouge, LA.
5. KIN 2501, History and Philosophy of Kinesiology, Summer 2005, Department of Kinesiology, Louisiana State University, Baton Rouge, LA.
6. EXSS 381, Critical Issues and Analysis in Exercise and Sport Science, Winter 2003, Department of Exercise and Sport Science, Oregon State University, Corvallis, OR.
7. EXSS 313, Youth Sports, Winter 2003, Oregon State University, Department of Exercise and Sport Science, Corvallis, OR.
8. EXSS 444, Adapted Physical Activity, Fall 2002, Oregon State University, Department of Exercise and Sport Science, Corvallis, OR.

STUDENT ADVISING

Student's Name	Instructional Role	Degree/Completion Date
Doctoral Students		
Faculty of Sport and Health Sciences, University of Jyväskylä, Jyväskylä, Finland		
Kwok Ng	External Examiner	Ph.D./2016
School of Kinesiology, Louisiana State University (LSU)		
Alison Ruby	Dean's Representative	Ph.D./2023 (anticipated)
John B Bernstein	Dean's Representative	Ph.D./2019
Carla Harmon	Dean's Representative	Ph.D./2015
Jennifer M. Fabre	Co-Chair	Ph.D./2009
Tao Zhang	Committee Member (co-mentoring) – major assistance with conceptual framework, design, data analyses, results and interpretation	Ph.D./2009
Phil A. Page	Committee Member	Ph.D./2009
Delilah S. Moore	Co-Chair	Ph.D./2008
Zan Gao	Committee Member (co-mentoring) – major assistance with conceptual framework, design, data analyses, results and interpretation	Ph.D./2007
Devon A. Dobrosielski	Committee Member	Ph.D./2007
Holly S. Kihm	Committee Member	Ph.D./2006
Tracie R. Parish	Committee Member (co-mentoring) – major assistance with conceptual framework, design, data analyses, results and interpretation	Ph.D./2006
Tiffany M. Kodak	Dean's Representative	Ph.D./2006

Kenneth Tillman	Dean's Representative	Ph.D./2006
Charity L. Bryan	Committee Member (co-mentoring) – major assistance with conceptual framework, design, data analyses, results and interpretation	Ph.D./2006
Lori L. DeLong	Committee Member	Ph.D./2006
Masters Students (LSU)		
Ashlynn Gremillion	Research Mentor	M.S./2023 (anticipated)
Jessica Evans	Chair	M.S. (Non-Thesis)/2019
Nina Anderson	Committee Member	M.S. (Non-Thesis)/2016
Melissa Wolak	Chair	M.S. (Non-Thesis)/2015
Jamie Freeman	Committee Member	M.S. (Non-Thesis)/2014
Jacob Cullen	Committee Member	M.S. (Non-Thesis)/2013
Jeremiah Frigo	Committee Member	M.S. (Non-Thesis)/2012
TaeEung Kim	Chair	M.S. (Non-Thesis)/2012
Simone Sonnier	Committee Member	M.S. (Non-Thesis)/2012
Alexandra Braud	Committee Member	M.S. (Non-Thesis)/2012
Akia Scruggs	Committee Member	M.S. (Non-Thesis)/2012
James Fisher	Committee Member	M.S. (Non-Thesis)/2012
Alexis Laughlin	Committee Member	M.S. (Non-Thesis)/2012
Matt Menard	Committee Member	M.S. (Non-Thesis)/2012
Jamie Mascari	Committee Member	M.S. (Non-Thesis)/2011
Patrick Tutka	Committee Member	M.S. (Non-Thesis)/2011
Amy Vayda	Committee Member	M.S. (Non-Thesis)/2011
Fernanda Winchester	Committee Member	M.S.(Thesis)/2007

Robert B. Lestage	Committee Member	M.S.(Thesis)/2006
Angela Nickole Solomito Pugh	Committee Member	M.S.(Thesis)/2006
Robyn Bossier	Committee Member	M.S.(Thesis)/2005
Jennie L. Morales	Committee Member	M.S. (Holmes, No Thesis)/2004
Undergraduate Students (LSU)		
Jacob W. Thomas	Honors option paper for Kin 4520	B.S./2023
Ainsley D. Albert	Honors option paper for Kin 4520	B.S./2022
Ashlynn Gremillion	Research project	B.S./2020
Chase Savoie	Research project	B.S./2020
Molly Mallory	Independent study	B.S./2017
Lauren Carrier	Honors option paper for Kin 4520	B.S./2017
Allyson French	Honors option paper for Kin 4520	B.S./2013

IN THE NEWS (selected list)

Courageous Discourse™ with Dr. Peter McCullough & John Leake (October 9, 2023)

Profile in Valor: Dr. Maria Kosma on Devastating Impact of Lockdowns on College Students: Comparative Study Finds Longer Lockdowns Did More Harm (Interviewed by Dr. McCullough)

https://petermcculloughmd.substack.com/p/profile-in-valor-dr-maria-kosma-on?utm_source=substack&utm_medium=email&utm_campaign=email-half-post&r=ohptw#play

America Out Loud News: Liberty and Justice for All (October 16, 2023)

Covid's Silent Impact on College Life: Dr. Kosma Reveals (Interviewed by Dr. McCullough)

<https://www.americaoutloud.news/covids-silent-impact-on-college-life-dr-kosma-reveals/>

Athens Institute for Education and Research

(Interviewed in July 2017)

<https://www.youtube.com/watch?v=myCWXxXsUhl>

Kosma, M., Erickson, N., Savoie, C. J., & Gibson, M. (2021). The effectiveness of performative aerial practice on mental health and the love of movement. *Research in Dance Education*, 22, 210-227.

doi:10.1080/14647893.2020.1784868. **Featured in ArtsEdSearch on December 2020:**

<https://www.artsedsearch.org/study/the-effectiveness-of-performative-aerial-practice-on-mental-health-and-the-love-of-movement/>

Kosma, M. (2014). An expanded framework to determine physical activity and falls risks among diverse older adults. *Research on Aging. An International Bimonthly Journal*, 36, 95-114. doi:10.1177/0164027512469215.

Featured in ElderBranch: <http://www.elderbranch.com/blog/a-framework-for-falls-prevention-in-the-elderly/>