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EDUCATION

- 2003 **Doctor of Philosophy** (*GPA = 4.0*), Oregon State University, Department of Nutrition and Exercise Sciences (*formerly*: Department of Exercise and Sport Science), Corvallis, OR. *Major*: Exercise and Sport Science. *Minor*: Psychology. *Dissertation*: “Interactive vs. non-interactive electronically delivered motivational materials for physical activity initiation and enhancement among adults with physical disabilities”. *Major advisors*: Bradley J. Cardinal, Ph.D., and Jeffrey A. McCubbin, Ph.D.
- 1999 **Master of Science** (*with distinction*), University of Jyväskylä, 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 Physical Education and Physiotherapy, Leuven, Belgium. *Concentration*: Adapted Physical Activity. *Thesis*: “Aspects of quality of life for adults with mental retardation: Health-related fitness and adaptive behavior.” *Major advisor*: Pauli Rintala, Ph.D.
- 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 PROFESSIONAL EXPERIENCE

- 2009-
Present **Associate Professor (tenured)**, Louisiana State University, Department of Kinesiology, Baton Rouge, LA.
- 2003-
2009 **Assistant Professor**, Louisiana State University, Department of Kinesiology, Baton Rouge, LA.
- 2000-
2003 **Graduate Research and Teaching Assistant**, Oregon State University, Department of Nutrition and Exercise Sciences (*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

Physical Activity Promotion for Underserved Populations:

Although physical activity promotion for improved health-related quality of life (HRQOL; physical and mental health) is a public health priority, most underserved populations (e.g., people with disabilities and older adults) are significantly less active than over represented populations (e.g., healthy adults). Additionally, people with disabilities and older adults report lower HRQOL levels than people without disabilities (USDHHS, 2000). Therefore, in my research line I focus on physical activity promotion for improved HRQOL among adults with

physical disabilities (e.g., multiple sclerosis, spinal cord injuries, cerebral palsy, amputations, post-polio, and peripheral neuropathy) and older adults by utilizing the following investigative mechanisms:

- a) Cross-sectional, prospective, and longitudinal examination of theory-based psychosocial determinants of physical activity for improved HRQOL.
- b) Application of advanced statistical and methodological procedures (e.g., structural equation modeling and latent growth curve analysis) to understand physical activity behavior change.
- c) Examination of the construct validity of a modified stages-of-change algorithm for physical activity to ultimately develop and implement stage-matched physical activity motivational programs.
- d) Identification of important falls' risk determinants for older adults.

PUBLICATIONS

Peer Reviewed Journal Articles and Book Chapters

1. Antikainen I.E., Ellis R., **Kosma, M.**, Allen, P.D., Cherry, K.E., Monroe, P.A., & Wood, R.H. (in press). Examining change in theory-based physical activity beliefs of culturally diverse older adults. *Journal of Applied Gerontology*.
2. 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*, doi: 10.1007/s10882-009-9150-z (online).
3. **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.
4. 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.
5. 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.
6. 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.
7. 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.
8. 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.
9. **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.
10. **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.
11. Grodesky, J.M., **Kosma, M.**, & Solmon, M.A. (2006). Understanding older adults' physical activity behavior: A multi-theoretical approach. *Quest*, 58, 310-329.

12. **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.
13. **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.
14. **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.
15. **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.
16. **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.
17. 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.
18. 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.
19. **Kosma, M.**, Cardinal, B.J., & Rintala, P. (2002). Motivating individuals with disabilities to be physically active. *Quest*, 54, 116-132.

Manuscripts in Review/Preparation

1. Moore, D.S., Ellis, R., **Kosma, M.**, Fabre, J.M., McCarter, K.S., & Wood, R.H. (in review – submitted August 2009). Comparison of the validity of four fall-related psychological measures in a community-based falls risk screening. *Research Quarterly for Exercise and Sport*.
2. Gao, Z., Liu, Y., Lodewyk, K., Zhang, T., & **Kosma, M.** (in review – submitted August 2009). Reliability and validity of outcome incentive scale in physical education. *Research Quarterly for Exercise and Sport*.
3. Fabre, J.M., Ellis, R., **Kosma, M.**, Moore, D.S., Kevin S. McCarter, K.S., & Wood, R.H. (in review – submitted August 2009). Development and validation of the comprehensive falls risk screening instrument. *Physical & Occupational Therapy in Geriatrics*.
4. **Kosma, M.**, & Ellis, R. (with Editor – submitted July 2009). Stages-of-change physical activity scale for adults with physical disabilities. *The Lancet*.
5. Gao, Z., Lee, A.M., **Kosma, M.**, & Solmon, M.A. (revision in review – accepted with minor revisions). Understanding students' motivation in middle school physical education: Examining the mediating role of self-efficacy on physical activity. *International Journal of Sport Psychology*.
6. Gao, Z., Xiang, P., Lee, A.M., & **Kosma, M.** (revision in review). The influence of learning activity on students' motivation and physical activity levels. *Psychology of Sport and Exercise*.

7. Zhang, T., Solmon, M.A., **Kosma, M.**, Carson, R., & Gu, X. (in review). Need support, need satisfaction, intrinsic motivation, and physical activity participation among middle school students. *Journal of Teaching in Physical Education*.
8. Grodesky, J.M., Solmon, M.A., **Kosma, M.**, & Lee, A.M. (in preparation). Predicting motivation levels for physical activity in older adults.

Abstracts/ Conference Proceedings/Newsletters

1. **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.
2. 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.
3. 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.
4. **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.
5. 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.
6. 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.
7. Gao, Z., Liu, Y., Zhang, T., & **Kosma, M.** (2008). Temporal stability of outcome expectancy in middle school physical education. *Research Quarterly for Exercise and Sport*, 79 (Supplement), A-32-33.
8. Antikainen I.E., Ellis, R., & **Kosma, M.** (2007). Change in physical activity beliefs among culturally diverse older adults. *Journal of Sport & Exercise Psychology*, 29 (Supplement), S144.
9. Gao, Z., Lee, A., Solmon, M., **Kosma, M.**, Carson, R., Zhang, T., Domangue, E., & Moore, D. (2007). Comparison of objective measures of in-class activity levels among middle school students. *Medicine and Science in Sports and Exercise*, 39 (Supplement 5), S185.
10. **Kosma, M.**, Ellis Gardner, R., Cardinal, B.J., Bauer, J.J., & McCubbin, J.A. (2007). Health-related quality of life predictors for adults with physical disabilities. *Research Quarterly for Exercise and Sport*, 78 (Supplement), A-100.
11. **Kosma M.**, Ellis Gardner, R., Cardinal, B.J., Bauer, J.J., & McCubbin, J.A. (2006). The mediating role of the stages of change in physical activity among adults with physical disabilities. *26th International Congress of Applied Psychology* (p. 758), Athens, Greece: International Association of Applied Psychology.

12. Rintala, P., **Kosma M.**, Wood, T.M., & Acock, A.C. (2006). Determinants of adaptive behavior among adults with intellectual disabilities. *The role of physical education and sport in promoting physical activity and health* (p. 157). Jyväskylä, Finland: University of Jyväskylä.
13. **Kosma, M.**, Parish, T.R., Moore, C. & Welsch, M.A. (2006). Relationship between stages of change, physical activity, and exercise tolerance among patients with heart failure. *Medicine and Science in Sports and Exercise*, 38 (Supplement 5), S254.
14. Parish, T.R., **Kosma, M.**, Moore, C., & Welsch, M.A. (2006). Stage of readiness to adopt exercise identifies patients with heart failure at increased risk. *Medicine and Science in Sports and Exercise*, 38 (Supplement 5), S253-S254.
15. Ellis Gardner, R., **Kosma, M.**, Cardinal, B.J., Bauer, J.J., & McCubbin, J.A. (2006). The Mediating role of intention in physical activity among adults with physical disabilities. *Journal of Sport & Exercise Psychology*, 28 (Supplement), S62.
16. Ellis Gardner, R., **Kosma, M.**, Cardinal, B.J., Bauer, J.J., & McCubbin, J.A. (2006). Physical activity beliefs and behavior of adults with physical disabilities. *Journal of Sport & Exercise Psychology*, 28 (Supplement), S61-S62.
17. Paul, K.C., Ellis Gardner, R., **Kosma, M.**, Solmon, M., & Symons Downs, D. (2006). Psychological correlates of youth exercise behavior. *Journal of Sport & Exercise Psychology*, 28 (Supplement), S145-S146.
18. Tuuri, G., Solmon, M., Chen, J., Laird, R., **Kosma, M.**, & Vuppala S. (2005). Development and pilot testing of a body mass index-for-age percentile report card. *Medicine and Science in Sports and Exercise*, 37 (Supplement 5), S433.
19. **Kosma, M.**, McCubbin, J.A., & Cardinal B.J. (2005). Longitudinal effects of a web-based physical activity motivational program among adults with physical disabilities. *Research Quarterly for Exercise and Sport*, 76 (Supplement 1), A-116.
20. Karp, G.G., Woods, M.L., Pantou, L., & **Kosma, M.** (2005). Navigating the job search in higher education. *Research Quarterly for Exercise and Sport*, 76 (Supplement 1), A-3.
21. **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.
22. **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.
23. **Kosma, M.** (2004). Research in kinesiology: Web-based physical activity motivational programs among adults with physical disabilities. *College of Education Journal*, 3, 1.
24. **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.
25. **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.

26. 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. *AAHPERD 2004: Together we can lead the way* (p. 173). New Orleans, LA.
27. 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.
28. **Kosma, M.**, Cardinal, B.J., & McCubbin, J.A. (2003). Factors influencing physical activity among adults with physical disabilities. *Research Quarterly for Exercise and Sport* 74, (Supplement 1), A_{xix} - A_{xx}.
29. 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.
30. **Kosma, M.** (2002). Great opportunity for graduate students in NAFAPA 2002. *International Federation of Adapted Physical Activity Newsletter*, 10, 2.
31. **Kosma, M.**, & McCubbin, J.A. (2002). Overcoming barriers to physical activity for health. *Celebrate Wellness III* (p. 14). Eugene, OR: OHSU & CDC.
32. **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.
33. **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.
34. 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.
35. **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.
36. **Kosma, M.**, Karteroliotis, K., & Papatthomopoulos, 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/>.

INVITED LOCAL OR REGIONAL PRESENTATIONS

1. 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.
2. **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.
3. 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/OR INTERNATIONAL PRESENTATIONS

1. **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.

2. **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, Tampa, FL
3. 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, Tampa, FL
4. 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, Tampa, FL.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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.
10. 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.
11. 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.
12. **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.
13. **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.
14. 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.

15. 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.
16. 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.
17. 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.
18. **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.
19. 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.
20. 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.
21. 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.
22. **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.
23. **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.
24. **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.
25. **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.
26. **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.
27. 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.

28. **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.
29. 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.
30. **Kosma, M.**, & McCubbin, J.A. (2002, October). *Overcoming barriers to physical activity for health*. Presentation at the Celebrate Wellness III conference, Eugene, OR.
31. **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.
32. **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.
33. 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.
34. **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.
35. **Kosma, M.**, Karteroliotis, K., & Papathomopoulos, 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

- Kasser, S., & **Kosma, M.** (2009). *Health beliefs, intention and exercise behavior in MS*. College of Nursing and Health Sciences Research Incentive Grant, University of Vermont, Burlington, VT. Funded June 2009, \$6,200.
- Kosma, M.** (Principal Investigator) & Ellis, R. (Co-Investigator) (2007-2008). *Construct validity of a stages-of-change algorithm among adults with multiple sclerosis*. National Multiple Sclerosis Society (Grant No PP1463). Funded October 2007, \$44,000.
- Tuuri, G., Chen, J., **Kosma, M.**, 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. Funded 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. Funded 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. Funded May, 2002, \$10,000.

NOT FUNDED RESEARCH GRANTS

- 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. 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 GRANTS

- Kosma, M.** (2009). LSU Faculty Travel Grant. Awarded to present at the American Alliance for Health Physical Education Recreation and Dance conference, Tampa, FL. Amount funded \$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.
- 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

- 2008 Fellow, Research Consortium, American Alliance for Health, Physical Education, Recreation, and Dance. 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- ERASMUS Exchange Scholarship: European Master's Degree in Adapted Physical Activity.
1999
- 1996- Honorary Scholarship (~\$575) for college-level academic excellence (1995-1996), Ministry of Education,
1997 Greece.
- 1993 Mayoral Recognition/Award for high school student excellence, Lamia, Greece.

BIOGRAPHICAL CITATIONS

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

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

American Alliance for Health, Physical Education, Recreation and Dance (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)

SERVICE

Professional Service

Committee Service

Member, 2010 Sport and Exercise Science Committee for NASPSPA. Responsibilities include 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

Member, Louisiana Population Data Center, Department of Sociology, LSU (2005 – present)

Member, Life Course and Aging Center, LSU (2004 – present)

Presided the Lifestyle and Health session in 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)

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

Editorial Board

European Journal of Adapted Physical Activity (2008 – present)

Journal Guest Reviewer

Disability and Health Journal (1 manuscript in 2009)

Adapted Physical Activity Quarterly (8 manuscripts since 2004)

Journal of Sport & Exercise Psychology (1 manuscript since 2008)

Women in Sport & Physical Activity Journal (1 manuscript since 2008)

Medicine & Science in Sports & Exercise (1 manuscript since 2007)

Journal of Gerontology: Psychological Sciences (1 manuscript since 2007)

Journal of Teaching in Physical Education (3 manuscripts since 2006)

Disability and Rehabilitation (1 manuscript in 2005)

International Journal of Sport Psychology (1 manuscript in 2005)

Research Quarterly for Exercise and Sport (1 manuscript in 2004)

Preventive Medicine (1 manuscript in 2004)

Journal of Sports Sciences (1 manuscript in 2004)

Abstract Reviewer

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

Award Reviewer

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

University Service (Louisiana State University)

Departmental Service

Member, Graduate Faculty Committee (2003 – present)

Member, Teacher Education Committee (2003 – present)

Member, Search Committee for the Assistant Professor position in Pedagogy and Psychological Sciences, Department of Kinesiology, Baton Rouge, LA (position was filled) (2007 – 2008).

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

Member, Search Committee for the Assistant Professor position in Human Motor Development, Department of Kinesiology, Baton Rouge, LA (position was filled) (2006 – 2007).

Member, Search Committee for the Assistant Professor position in Health Promotion, Department of Kinesiology, Baton Rouge, LA (position was not filled) (2005 – 2006).

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

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)

College Service

Member, Diversity Committee (2006 – present)

Member, Research Advisory Committee (2005 – 2006)

Community Service (Oregon State University)

Voluntary participation as a soccer scorekeeper in the Valley West Region Special Olympics soccer and volleyball tournaments, Corvallis, OR (2002).

Assistance with the organization of the physical activity and motor fitness clinic for children with

disabilities, Department of Nutrition and Exercise Sciences (*formerly*: Department of Exercise and Sport Science), Corvallis, OR (2000-2002).

Group coordinator of the physical activity and motor fitness clinic for elementary level children with disabilities, Department of Nutrition and Exercise Sciences (*formerly*: Department of Exercise and Sport Science), Corvallis, OR (2001).

Community Service (National & Kapodistrian University of Athens)

Voluntary participation in the organization of the Mediterranean-European Special Olympics, Athens, Greece (1998).

Member of the organizing committee in the 10th Pan-Hellenic Championship for Persons with Disabilities, Athens, Greece (1998).

Voluntary participation in the organization of the Track and Field Competitions for Persons with Disabilities, Athens, Greece (1997).

PERSONNEL ASSESSMENT FOR PROMOTION, RETENTION, AND TENURE

Peer Assessment of Teaching for *promotion in rank to Professor* to Bradley J. Cardinal, Ph.D., Professor, Department of Nutrition and Exercise Sciences, Oregon State University.

Peer Assessment of Teaching for *tenure and promotion in rank to Associate Professor* to Joonkoo Yun, Ph.D., Associate Professor, Department of Nutrition and Exercise Sciences, Oregon State University.

COURSES TAUGHT AT LSU

- 1) Kin 4606 (Undergraduate and Graduate; Fall 2009), *Introduction to Health Promotion*
- 2) Kin 7601 (Graduate; taught once), *Changing Health Behavior*
- 3) Kin 7900 (Graduate; taught once), *Introduction to Research Methods*
- 4) Kin 4520 (Undergraduate and Graduate; taught 11 times), *Psychosocial Aspects of Physical Activity*
- 5) Kin 3540 (Undergraduate; taught once), *Mild/Moderate Disabilities and Physical Activity*
- 6) Kin 2540 (Undergraduate; taught twice), *Introducing Physical Education for Individuals with Disabilities*

GRADUATE STUDENT ADVISING

Student's Name	Instructional Role	Degree/Completion Date
Doctoral Students (LSU)		
Jennifer M. Fabre	Co-Chair	Ph.D./2009
Tao Zhang	Committee Member	Ph.D./2009
Delilah S. Moore	Co-Chair	Ph.D./2008

Zan Gao	Committee Member	Ph.D./2007
Devon A. Dobrosielski	Committee Member	Ph.D./2007
Holly S. Kihm	Committee Member	Ph.D./2006
Tracie R. Parish	Committee Member	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	Ph.D./2006
Lori L. McGaha	Committee Member	Ph.D./2006
TaeEung Kim	Chair	Ph.D./In progress
Phil A. Page	Committee Member	Ph.D./In progress

Doctoral Student (UIUC)		
Sharon Hsu	Assistance with Dissertation	Ph.D./2007
Masters Students (LSU)		
Fernanda Winchester	Committee Member	M.S.(Thesis)/2007
Robert B. Lestage	Committee Member	M.S.(Thesis)/2006
Nicki 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
Joel E. Maier	Dean's Representative	M.S./In progress