

## **CHIH-CHIA, (JJ) CHEN, Ph.D., CAPE, ACSM EP-C, CIFT, PAPHS**

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Mississippi State University  
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### **EDUCATION**

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- 2007-2013      **Doctor of Philosophy**  
Kinesiology Program, emphasis in Motor Behavior and Health and  
Exercise Psychology in individuals with intellectual disabilities  
Arizona State University, Tempe, AZ  
*Advisor:* Shannon D.R. Rigenbach, Ph.D.  
**Dissertation:** Effects of an acute bout of aerobic exercise on motor  
performance, executive function, and intrinsic motivation in adolescents  
and young adults with Down syndrome
- 2003-2006      **Master of Education**  
Department of Physical Education, emphasis in Adapted Physical  
Education  
National Taiwan Normal University, Taipei, Taiwan  
*Advisor:* Man-Hway Lin, Ph.D.  
**Thesis:** The Exercise Performance and Cardiovascular Response of PACER  
Exercise in Obese Male Primary School Students
- 1995-1999      **Bachelor of Education**  
Major in Elementary Education, Physical Education minor  
National Tainan Teachers College, Tainan, Taiwan  
**Independent Study:** The Comparison of Physical Fitness Performance in  
1995-1998 NTTC college freshmen

### **Research Interests**

To date, exercise has been considered a potential treatment with numbers of physiological and psychological benefits. My scholarly focus centers on the area of neuroscience of physical activity to enhance motor performance and health. More specifically, I seek to uncover the effect of physical activity on executive function and sleep in special populations (e.g., intellectual disabilities, Down syndrome, Autism, Obese, Aging). Currently, I am working towards a research project on the benefits of campus inclusive physical activity course in regard to physical, social and executive functions in young adults with intellectual disabilities. Additionally, I strive to understand exercise motivation (e.g., affective responsibility) and why

special populations choose and do not choose to engage in physical activity. Lastly, I conduct studies on the effect of attentional focus and pressure situations on learning a motor skill (e.g., golf put). I currently employ electroencephalography (EEG) technique and behavioral measures to address these research aims. My research contributed to the literature by suggesting:

1. Exercise & Mental Health in Intellectual and Developmental Disabilities:
  - Adolescents and young adults with Down syndrome can benefit from moderate aerobic exercise intensity that lead to cognitive enhancement in information processing speed, cognitive planning, and inhibitory control after an acute bout of aerobic exercise.
  - The improvement in Inhibitory control is evident in young adults with intellectual disabilities after a chronic exercise training program.
  - Young adults with intellectual disabilities showed the decreased left alpha frontal asymmetry (i.e., decreased positive affective response) in response to an acute bout of aerobic exercise. This may explain their low exercise motivation and high prevalence of obesity rate.
2. Sleep and Motor Performance
  - Obstruct sleep apnea is associated with obesity and executive dysfunction among individuals with Down syndrome.
  - The active individuals with Down syndrome have lower parental reports of features associated with obstructive sleep apnea compared with inactive individuals with Down syndrome.
  - Obstruct sleep apnea is associated with fine manual dexterity performance and may predict walking distance in the 6-min walk test among adolescents and young adults with Down syndrome.
3. Motor Learning & Skill Acquisition:
  - There are developmental connections between executive function (e.g., cognitive planning) and motor development (e.g., manual dexterity) in adolescents and young adults with intellectual disabilities and Down syndrome.
  - A single bout of mental gaming training may increase left frontal asymmetry that enhance attentional focus during motor performance task (e.g., golf putting).
  - Inconsistent with experienced learners, novice learners may receive the more benefits in external-proximal focus of attention than distal focus in motor performance (e.g., golf putting).
4. Adapted Physical Activity:
  - Inclusive physical activity would promote social functioning among typical partners and participants with intellectual disabilities.
  - Typical partners could receive the mutual benefits. The similar improvements in physical performance and executive function are evident among typical partners and participants with intellectual disabilities.

- The inclusive sports environment would increase left alpha frontal asymmetry, intrinsic exercise motivation, and executive function performance in adults with intellectual disabilities.
5. Physical Literacy & Fitness:
- Obese students achieved maximum heart rate early during a submaximal exercise test (i.e., PACER) and took longer recovery time afterwards.
  - Pre-service physical educators had poor physical literacy (e.g., obesity and cardiovascular challenging) compared to the standard for an eight-year-old Canadian school student.
  - Kinesiology majors reported no differences in exercise motivations and self-reported physical activity levels compared to non-Kinesiology majors.

My overall motivation as a researcher is to understand human behavior and thus enhance the physical activity experience for special populations in sport and physical activity contexts. The positive evidence of physical activity participation in typical populations has been widely reported, and yet we know very little about the implications for effective sport practice in special populations. I am committed to be a practice endeavor, based on my prior life experiences as an athlete, physical educator, and coach, to enable physical activity as a daily culture among special populations.

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## ACADEMIC APPOINTMENT

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(College Level)

Fall 2015-present	<b>Assistant Professor</b> , Department of Kinesiology Mississippi State University
Fall 2013-Spring 2015	<b>Lecturer</b> , Department of Health and Human Physiology, The University of Iowa
Fall 2010- Spring 2013	<b>Graduate Instructor &amp; Teaching Assistant</b> , Kinesiology Program, Arizona State University
Fall 2008-Spring 2010	<b>Chinese Tutor</b> , Chinese Flagstaff Program, Arizona State University
2000-2002	<b>Physical Education Training Officer</b> , Air Force Institute of Technology, Taiwan (Mandatory Military Service)

(K-12)

2002-2007	<b>Elementary School Teacher</b> , Yunlin Ciao He Elementary School, Taiwan
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1999-2000                      **Intern Teacher**, Tainan An Ping Elementary School, Taiwan

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**HONORS AND AWARDS**

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- 2018                      **Community Engagement Research Award** (Role: Internal Collaborator)  
Project: Bringing Tai Chi to Mississippi's Aging Population for Healthy Body and Positive Emotion (with Pan, Z., Lamberth, J., Lee, Y., & Lim, S.)  
Mississippi State University
- 2018                      **Volunteer of the Year**  
Special Olympics Mississippi Area 6 Golden Triangle
- 2014                      **Excellent in Research Award** (Role: Co-author)  
Paper: Adults with Down Syndrome Performed Repetitive Movements Fast with Continuous Music Cues (With Ringenbach, S.D.R., Zimmerman, K., Mulvey, G.M., Weeks, D.J., & Michael, H.T.)  
Journal of Motor Learning and Development, North American Society of Psychology of Sport and Physical Activity
- 2012                      **NASPSPA Graduate Student Award for International Conference Travel**  
North American Society of Psychology of Sport and Physical Activity
- 2011-2012                      **Graduate Research Award**  
Graduate College, Arizona State University
- 2010-2012                      **University Graduate Fellowship**  
Graduate College, Arizona State University
- Summer 2009                      **International Symposium of Adapted Physical Activity Conference Scholarship**  
International Federation of Adapted Physical Activity
- 2009-2010                      **Douglas L. Conley Memorial Scholarship**  
Department of Kinesiology, Arizona State University
- 2007-2010                      **Government Scholarship**  
Ministry of Education, Taiwan

Spring 2003, Fall 2007

**Excellent Teaching Award**

Ciao He Elementary School, Taiwan

2002

**Excellent Service Performance Award**

Department of Defense, Taiwan

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**TEACHING EXPERIENCE**

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**Mississippi State University – Average Student Evaluation Score: 4.28/5**

Graduate Courses:

- PE 8113 Curriculum Construction in Physical Education (FA2017=7)
- PE 8163 Seminar in Physical Education (FA2016=7)
- KI 8990 Applied Motor Learning (SP2018=10)
- KI 8553 Exercise Management in People with Disabilities (FA2018=7, FA2020=10)

Undergraduate Courses:

- KI 1001 First Year Seminar (FA2018=35, FA2019=31, FA2020=11)
- PE 1201 Adapted Physical Activity (FA2019=21, SP2020=22)
- PE 2990 Adapted Physical Activity (SP2018=20, FA2018=21, SP2019=18)
- PE 3113 Adapted Physical Education (SP2016=34, SP2017=44, SP2018=27, FA2018=21, SP2020=40)
- PE 3223 Motor Development and Movement (SU2016=7, SU2017=14, SP2018=28, SP2019=35)
- PE 4173 Test and Measurement in Physical Education (FA2015=8, SU2016=17, SP2017=18)
- PE 4853 Motor Learning and Skill Acquisition (SP2016=17, SU2017=8, SU2019=8, SU2020=10)
- EP 3183 Exercise Psychology (FA2015=113, SU2016=8, FA2016=141, SU2017=7, FA2017=134, SU2018=13, FA2018=166, FA2019=155)
- EP 4123 Aging and Physical Activity (SU2019=15, FA2019=42, SP2020=45, SU2020=15,18)
- EP 4703 Neural Control of Human Movement (SU2018=9)

Distance Education Courses:

- PE 3163 Sport Psychology (SU2019=22, SU2020=27)
- PE 3223 Motor Development and Movement (SU2019=16, SU2020=12)
- EP 3183 Exercise Psychology (FA2019=30, FA2020=49)

**University of Iowa – Average Student Evaluation Score: 5.4/6**

Undergraduate Courses:

- HHP 2200 Physical Activity and Health (FA2013= 82, SP2014=97, SU2014=17, FA2014=100, SP2015=99, SU2015=19)
- HHP 3300 Human Growth and Motor Development (FA2013=253)

HHP 4195 Exercise Programming for Special Populations (SP2015= 38)  
HHP 4210 Musculoskeletal Exercise Testing and Prescription Lab (SP2014=18,  
FA2014=13, SP2015=21)  
HHP 4230 Motor Learning: Theory and Application (FA2013=46)

**Arizona State University - Average Student Evaluation Score: 4.5/5**

Undergraduate Courses:

KIN 422 Motor Control in Special Populations (FA2011=29, SP2012=28, FA2012=29)

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**MENTORING EXPERIENCE**

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**Doctoral Dissertation Committees**

(Committee Chair)

2016-2020 Yonjoong Ryuh, Kinesiology, Mississippi State University  
Title: **"Impact of acute aerobic exercise in executive function and sensorimotor skill acquisition in adults with intellectual disabilities"**

(Committee Member)

2019-present Sachini Kodithuwakku Arachchige, Kinesiology, Mississippi State University

2019-present Alana Turner, Kinesiology, Mississippi State University

2016-present Proam Choi, Kinesiology, Mississippi State University  
Title: **"The feasibility of a fall prevention program for people with intellectual disability living in a group-home"**

2017-2020 Qun Fang, Kinesiology, Mississippi State University  
Title: **"Age-related Effects on Brain Lateralization and Motor Asymmetry"**

2017-2020 Ethan Stewart, Kinesiology, Mississippi State University  
Title: **"Effect of bat handle design on objective and subjective performance of NCAA division I baseball hitters"**

**Master's Thesis Committees**

(Committee Member)

2018-2019 Sachini Kodithuwakku Arachchige, Kinesiology, Mississippi State University  
Title: **"Relationship between medial longitudinal arch height, quadriceps angle, and postural stability: a comparison of two types of Vibram minimalist footwear"**

- 2017-2019 Alana Turner, Kinesiology, Mississippi State University  
Title: "**Effects of hydrotherapy versus land based exercise on dual task postural control in a geriatric population**"
- 2017-2019 Katie Spring, Kinesiology, Mississippi State University  
Title: "**Alternative Methods of Movement Incorporation in Middle School Classrooms**"
- 2016-2018 Troy Allred, Kinesiology, Mississippi State University  
Title: "**Prediction of energy expenditure form accelerometers during physical activity in adults with Down syndrome: The effect of accelerometer placement**"
- 2016-2018 Saira Talwar, Kinesiology, Mississippi State University  
Title: "**The Effects of Tai Chi on Fine and Gross Motor Function in Older Adults Residing in Independent Living**"

### **Independent Research with Undergraduate Students**

#### **(Mississippi State University)**

##### **Directed Individual Study**

- Spring 2021 Kendall Collins, Kinesiology; Holeh Heydari, Biology  
Fall 2020 Anne Walker, Kinesiology  
Spring 2020 Lindsey Jenkins, Hunter Nobles, Kinesiology  
Fall 2019 Brinkley Elisabeth, Kinesiology  
Spring 2019 Hannah Hardwick (Honors), Makenzie Moore, Kinesiology  
Fall 2018 Hannah Hardwick (Honors), Macy Replogle, Olivia Orr, Kinesiology  
Spring 2018 Hannah Hardwick (Honors), Olivia Orr, Kinesiology

##### **Internship**

- Spring 2020 Kenny White, Kinesiology, Mississippi State University  
Spring 2018 Morgan Hommel, Kinesiology, Mississippi State University  
Spring 2017 Winston Smith, Kinesiology, Mississippi State University

#### **(Arizona State University)**

##### **Honor Contracts**

- Fall 2011 Logan Semper, Kinesiology

##### **Honor Thesis Committees**

(Committee Member)

- 2012-2013 Berlin Wright & Julie Brennan, Kinesiology  
Title: "**Case study: Weight loss intervention in a young adult with Down syndrome**"

- 2012-2013 Michelle Snow, Kinesiology  
Title: "**Is Daily Activity and Exercise Related to Physical Fitness, Obesity, and Mental Health in Adolescents with Down syndrome?**"
- 2011-2012 Logan Semper, Kinesiology  
Title: "**Grip strength and how it relates to the functional disabilities in persons with Down syndrome**"

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## **PUBLICATIONS**

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### **Manuscript published/in press/accepted:**

(English)

1. **Chen, C.-C. (JJ)**, Ringenbach, S.D.R., Arnoldb, N.E., & Nam, K. (Accepted-in press). Aging Effect on Manipulative Skills in Individuals with Down syndrome. *Journal of Motor Learning and Development*.
2. **Chen, C.-C. (JJ)** & Ringenbach, S.D.R. (Accepted-in press). The Effects of Music on Physiological and Affective Responses to Treadmill Walking in adults with Down syndrome: A Pilot Study. *Journal of Developmental and Physical Disabilities*.
3. **Chen, C.-C. (J.J)**, Kulinna, P.H., Spring, K.E., Ryuh, Y-J, & Holmes, M.E. (Accepted- in press). The Evaluation of Physical Literacy of Preservice Physical Educators. *The Physical Educator*.
4. **Chen, C.-C. (JJ)**, Ryuh, Y-J, Luczak, T., & Lamberth, J. (Accepted-in press). Examining Different Foci of Attention on Golf Putting Performance in Novice Learners. *The Physical Educator*.
5. **Chen, C.-C. (JJ)**, Ryuh, Y-J, Donald, M., & Rayner, M. (Advanced online publication). The Impact of Badminton Lessons on Health and Wellness of Young Adults with Intellectual Disabilities: A Pilot Study. *International Journal of Developmental Disabilities*.  
<https://doi.org/10.1080/20473869.2021.1882716>
6. **Chen, C.-C. (J.J.)** & Ringenbach, S.D.R. (Advanced online publication). Determinants of Fine Manual Dexterity in Adolescents and Young Adults with Down's Syndrome. *International Journal of Developmental Disabilities*.  
<https://doi.org/10.1080/20473869.2019.1665783>
7. Ryuh, Y.J, **Chen, C.-C. (JJ) (Corresponding Author)**, Pan, Z, Gadke, D.L., Elmore-Staton, L.S., Pan, C.-Y., & Cosgriff. (Advanced online publication). Promoting Physical Activity through Exergaming in Young Adults with Intellectual Disabilities: A Pilot Study. *International Journal of Developmental Disabilities*.



<https://doi.org/10.1080/20473869.2019.1605771>

8. Arachchige S. N. K. K., Chander, H., Knight, A. C., **Chen, C-C**, Pan Z., & Turner. A. J. (2020) Impact of foot arch type, quadriceps angle, and minimalist footwear on static postural stability. *Footwear Science*, 12(3), 173-183.  
<https://doi.org/10.1080/19424280.2020.1791976>
9. Ringenbach, S.D.R., Holzapfel, S.D., Arnold, N.E., Nam, K., Lopez, C., **Chen, C-C**, Buman, M.P., Youngstedt, S.D., Teslevich, J., Wallace, K.C. (2020). Assisted Cycling Therapy (ACT) Improves Adaptive Behaviors in Adolescents with Down Syndrome, *Journal of Developmental and Physical Disabilities*, 32(3), 535-552. <https://doi.org/10.1007/s10882-019-09706-z>
10. **Chen, C.-C. (J.J.)**, Holmes, M.E., Wood, K.E., Ryuh, Y-J, & Kulinna, P.H. (2020). Are You Better Than a 12-year-old Student? A Pilot Study to Explore Physical Literacy in Pre-Service Physical Education Teachers? *The Physical Educator*, 77(1), 130-153.  
<https://doi.org/10.18666/TPE-2020-V77-I1-8798>
11. **Chen, C.-C. (JJ)**, Ryuh, Y-J, Hardwick, H., Shirley, R., Brinkley, B., Lim, S., Lee, Y., & Kim, M-L. (2019). Psychological Benefits of Inclusive Soccer Program in Young Adults with and without Intellectual Disabilities. *Journal of Developmental and Physical Disabilities*, 31(6), 847-861, <https://doi.org/10.1007/s10882-019-09677-1>
12. Ryuh, YJ, Choi, P., Oh, J. **Chen C-C**, & Lee Y. (2019). The Impact of the Inclusive Soccer Program on Psychosocial Development of Children with and without Intellectual Disabilities. *Journal of Developmental and Physical Disabilities*, 31(5), 691-705.  
<https://doi.org/10.1007/s10882-019-09670-8>
13. **Chen, C.-C. (JJ)**, Ryuh, Y-J, Fang, Q., Lee, Y., & Kim, M-L (2019). The Effects of Inclusive Soccer Program on Motor Performance and Sport Skill in Young Adults with and without Intellectual Disabilities, *Journal of Developmental and Physical Disabilities*, 31(4), 487-499.  
<https://doi.org/10.1007/s10882-018-09655-z>
14. **Chen, C.-C. (J.J.)** & Ringenbach, S.D.R. (2019). Dose-Response Association between Exercise Intensity and Motor Performance in Individuals with Down syndrome: A Preliminary Study. *Journal of Developmental and Physical Disabilities*, 31(3), 299-311.  
<https://doi.org/10.1007/s10882-018-9640-y>
15. **Chen, C.-C. (JJ)** & Ringenbach, S.D.R. (2019). The Effect of Acute Exercise on the Performance of Verbal Fluency in Adolescents and Young Adults with DS: A Pilot Study. *Journal of Intellectual Disability Research*, 63(6), 614-623.  
<https://doi.org/10.1111/jir.12603>

16. Smith, W, **Chen, C.-C. (JJ) (Corresponding Author)**, Ryuh, Y.J, Pan, Z, Gadke, D.L., Elmore-Staton, L.S., Pan, C.-Y., & Cosgriff, A. (2019). Effects of Exergaming on Mental Health and Manual Motor Function in Young Adults with Intellectual Disabilities: A Pilot Study. *MAHPERD journal*, 6(1), 12-20.
17. **Chen, C.-C.**, Bellama, T. J., Ryuh, Y.J., & Ringenbach, S.D.R. (2019). Examination of Participation and Performance of Dancing Movement in Individuals with Down syndrome, *International Journal of Developmental Disabilities*, 65(1), 58-63. <https://doi.org/10.1080/20473869.2017.1334307>
18. **Chen, C.-C. (JJ)**, Hunt, L.M., & Ringenbach, S.D.R. (2018) Exploring Associations with 6-Minute Walk Test Performance in Adolescents and Young Adults with Down syndrome. *Journal of Developmental and physical Disabilities*, 30(6), 738-792. <https://doi.org/10.1007/s10882-018-9619-8>
19. **Chen, C.-C. (J.J.)** & Ringenbach, S.D.R. (2018). Walking Performance in Adolescents and Young Adults with Down syndrome: The Role of Obesity and Sleep Disorders. *Journal of Intellectual Disability Research*, 62(4), 339-348. <https://doi.org/10.1111/jir.12474>
20. Pan, Z., Su, X., Fang, Q., Hou, L., Lee, Y., **Chen, C.C.**, Lamberth, J. & Kim, M.L. (2018). The Effects of Tai Chi Intervention on Healthy Elderly by Means of Neuroimaging and EEG: A Systematic Review. *Frontiers in Aging Neuroscience*, 10, 110. <https://doi.org/10.3389/fnagi.2018.00110>
21. **Chen, C.-C.** & Ringenbach, S.D.R. (2016). The Association between Physical Activity and Sleep Disorders in Adolescents and Young Adults in Down Syndrome: A Questionnaire Study. *Journal of Sleep Disorders: Treatment and Care*, 5:3. <https://doi.org/10.4172/2325-9639.1000175>
22. **Chen, C.-C.(J.J.)**, & Ringenbach, S.D.R. (2016). Dose-Response Relationship between Intensity of Exercise and Cognitive Performance in Individuals with Down syndrome: A Preliminary Study. *Journal of Intellectual Disability Research*, 60(6), 606-614. <https://doi.org/10.1111/jir.12258>
23. **Chen, C-C(JJ)**, Kelsey, A., Mulvey, G.M., & Ringenbach, S.D.R. (2016). Examining the Davidson's Model via an exercise variable in individuals with intellectual disabilities, *International Journal of Developmental Disabilities*, 62(1), 70-75. <https://doi.org/10.1179/2047387714Y.0000000055>
24. **Chen, C-C(JJ)** & Ringenbach, R. (2015). A Pilot Study of Test–Retest Reliability of Purdue Pegboard in Individuals with Down Syndrome. *Journal of Motor Learning and Development*, 3(2), 151-157. <https://doi.org/10.1123/jmld.2015-0004>

25. **Chen, C-C**, Ringenbach, S. D. R. Biber, A & Reikena, A. (2015). Cerebral Lateralization of the EEG during Perceptual-Motor Integration in Young Adults with Down Syndrome. *Brazilian Journal of Motor Control*, 9(2), 1-7. <https://doi.org/10.20338/bjmb.v9i2.79>
26. **Chen, C.-C.(J.J.)**, Ringenbach, S.D.R. Crews, D., Kulinna, P., & Amazeen, E. (2015). The association between a single bout of moderate physical activity and executive function in young adults with Down syndrome: A preliminary study, *Journal of Intellectual Disability Research*, 59(7), 589-598. <https://doi.org/10.1111/jir.12163>
27. **Chen, C-C(JJ)**, Crews, D., Mundt, S., & Ringenbach, S.D.R. (2015). Effects of Equine-Assisted Activity on Frontal EEG Asymmetry in Young Children with Autism Spectrum Disorder: A Pilot Study. *International Journal of Developmental Disabilities*, 61(1), 56-59. <https://doi.org/10.1179/2047387714Y.0000000044>
28. Ringenbach (Robertson), S.D.R., Zimmerman, K., **Chen, C.C.**, Mulvey, G.M., Weeks, D.J., & Michael, H.T. (2014). Adults with Down syndrome performed repetitive movements fast with continuous music cues, *Journal of Motor Learning and Development*, 2(3), 47-54. <https://doi.org/10.1123/jmld.2014-0040>
29. Ringenbach, S.D., Albert, A.R., **Chen, C.C.**, & Alberts, J.L. (2014). Acute Bouts of Assisted Cycling Improves Cognitive and Upper Extremity Movement Functions in Adolescents with Down Syndrome. *Intellectual and Developmental Disabilities*, 52(2), 124-135. <https://doi.org/10.1352/1934-9556-52.2.124>
30. **Chen, C.C.**, Ringenbach, S.D., & Albert, A.R. (2014). Assisted Cycling Exercise Improves Fine Manual Dexterity in Persons with Down's Syndrome. *Journal of Applied Research in Intellectual Disabilities*, 27(3), 264-272. <https://doi.org/10.1111/jar.12061>
31. **Chen, C-C(JJ)**, & Ringenbach, S.D.R. (2014). The Association between Sleep Disorders and Fine Manual Dexterity in Young Adults with Down syndrome. *Journal of Sleep Disorders: Treatment and Care*, 3:2. <https://doi.org/10.4172/2325-9639.1000132>
32. **Chen, C-C(JJ)**, Ringenbach, S.D.R., Albert, A., & Semken, K. (2014). Fine Motor Control is Related to Cognitive Control in Adolescents with Down Syndrome. *International Journal of Disability, Development and Education*, 61(1), 6-15. <https://doi.org/10.1080/1034912X.2014.878532>
33. **Chen, C.-C.(J.J.)**, Ringenbach, S.D.R., & Snow, M. (2014). Treadmill Walking Effects on Grip Strength in Young Men with Down Syndrome. *Research in Developmental Disabilities*, 35 (2), 288-293. <https://doi.org/10.1016/j.ridd.2013.10.032>

34. **Chen, C.-C.(JJ)**, Spanò, G., & Edgin, J. (2013). The Impact of Sleep Disruption on Executive Function in Down Syndrome. *Research in Developmental Disabilities, 34* (6), 2033-2039. <https://doi.org/10.1016/j.ridd.2013.03.009>
35. **Chen, C-C**, Ringenbach, S.D.R., Snow, M., & Hunt, L.M. (2013). Validity of a Pictorial Rate of Perceived Exertion Scale for Monitoring Exercise Intensity in Young Adults with Down Syndrome. *International Journal of Developmental Disabilities, 59*(1), 1-10. <https://doi.org/10.1179/2047387712Y.0000000005>
36. Ringenbach, S.D.R., Mulvey, G.M., **Chen, C.C.**, & Jung, M.L. (2012). Unimanual and Bimanual Continuous Movement Benefit from Visual Instructions in Persons with Down Syndrome. *Journal of Motor Behavior, 44*(4), 233-239. <https://doi.org/10.1080/00222895.2012.684909>

(Chinese)

1. 陳志佳 (2007) 。學校體育課大隊接力之教學策略 The Teaching Strategy of Relay Races in School Physical Education Classes 。*國教之友 Elementary School Education* , 58(4) 51-56 。
2. 陳志佳 (2007) 。淺談提高學校體育活動之參與推廣 A Preliminary Analysis of Increasing Participation and Promotion of School Physical Activities 。*台灣教育 Taiwan Education Review* , 644 , 28-29 。
3. 陳志佳 (2007) 。學校生涯發展教育融入健康與體育領域教學之探討 Integration of Career Development into Health and Physical Education Area in Schools 。*國教之友 Elementary School Education* , 57(4) , 25-33
4. 陳志佳 (2006) 。控制體重的正確觀念 Healthy Weight Management 。*台北體育 Taipei Sports* , 2 , 53-54 。
5. 陳志佳 (2006) 。學校融合體育的理念與做法之應用 The Concepts and Practice in School Inclusive Physical Education 。*國民教育 Elementary Education* , 47(2) 99-104 。
6. 陳志佳 (2006) 。體育運動中身心障礙者運動人權之探究 , The Discussion of Disability Sport and Human Rights 。*北縣體育 Taipei County Sports* , 19 , 72-75 。
7. 陳志佳 (2006) 。學校運動意外事件風險管理策略應用之探討 The Application of Risk Management in School Sports Injury and Accident 。*台中教育大學體育學系系刊 N.T.C.U. Physical Education* , 1 , 99-105 。

8. 陳志佳 (2006)。我國學生體適能測驗制度之探討 A Review of Physical Fitness Test in Schools。 *國民教育 Elementary Education* , 46(5) , 65-70。
9. 陳志佳 (2006)。談人權教育結合學校體育應有之理念 Integration of Human Right Education into School Physical Education。 *國教之友 Elementary School Education* , 57(3) , 36-40。
10. 陳志佳 (2006)。公共關係在學校體育活動之應用 The Application of Public Relations in School Physical Activities。 *國教新知 The Elementary Education Journal* , 53(1), 66-71。
11. 陳志佳 (2005)。臺灣地區兒童肥胖問題初探 An Exploration of Pediatric Obesity Issue in Taiwan。 *國民教育 Elementary Education* , 45(5) , 75-79。
12. 陳志佳 (2005)。淺談心肺適能的重要 The Importance of Cardiovascular Fitness , *雲林國教 Yunlin Elementary Education* , 46 , 23-25。
13. 陳志佳 (2004)。國小排球運動員科學選材之探討 , Identifying Talent in Youth Volleyball Sport at Elementary Schools。 *雲林國教 Yunlin Elementary Education* , 45 , 22-25。
14. 吳炫政、陳志佳 (2001)。淺談國民體能測驗制度 A Preliminary Analysis of Taiwan Physical Fitness Test。 *南師體育 N.T.N.T.C. Physical Education* , 9 , 114-118。
15. 吳弘政、陳志佳 (1999)。國立臺南師範學院八十四至八十七學年度新生體適能之比較 Fitness Level Comparison between 1995 and 1998 NTNTC Freshman。 *南師體育 N.T.N.T.C. Physical Education* , 7 , 124-154。

#### **Manuscripts in review:**

1. Pan, C. Y., Tsai, C. L, Chen, F. C., Chow, B. C., **Chen, C. C.**, & Chu, C. H. (Revision Invitation). Physical and Sedentary Activity Patterns in Youths with Autism Spectrum Disorder. *International Journal of Environmental Research and Public Health*.
2. Chu, C-H, Tsai, C-L, Chen, F-C, Chow, C. **Chen, C.-C. (J.J.)**, Pan, C-Y (Under Review). Effects of physical exercise on fundamental movement skills and executive functions in children with autism spectrum disorders. *Disability and Rehabilitation*.
3. **Chen, C.-C. (JJ)** & Ringenbach, S.D.R. (Under Review). A Preliminary Exploration of Relationships between Executive Functioning and Motor Skills in Young Adults with Intellectual Disabilities. *Journal of Intellectual Disability Research*.
4. **Chen, C.-C. (JJ)** & Crews, D. (Under Review). Effect of Mental Game on Functional Brain Asymmetry and Motor Performance in Golf Putting Performance. *International Journal of Golf Science*.

5. Spring, K.E., Stratton-Gadke, K., Holmes, M.E., Smith, JohnEric W., **Chen, C-C** & Powell M.B. (Under Review). Use of under-the-desk band on academic engagement in a middle school classroom. *Health Promotion Practice*.
6. **Chen, C.-C. (JJ)** & Ringenbach, S.D.R. (Under Review). Daytime Sleep disorders are related to Fine Motor Function in Persons with Down syndrome. *Journal of Intellectual Disability Research*.
7. **Chen, C.-C. (JJ)**. (Under Review). The Relationship between Maternal Distress, Rating of Executive Function and Behavior in Mothers of Children with Down syndrome: A Preliminary Study. *Developmental Neurorehabilitation*.
8. **Chen, C.-C. (JJ)**, Ryuh, Y-J, & Lamberth, J. (Under Review). The Effects of Attentional Focus and Skill Level on the Performance of Golf Putting. *Journal of Motor Learning and Development*.
9. **Chen, C.-C. (JJ)**, Ryuh, Y-J, & Kathryn, M. (Under Review). The Cognitive Effect of Unified Flag Football Program in Young Adults with Intellectual Disabilities: The Exploratory Study. *AIMS Neuroscience*.

**Manuscripts in preparation:**

1. Pan, Z., Talwar, S., Liu, K., Fang, Q., Ryuh, Y-J., Choi, P., Hou, L., Huang, M., **Chen, CC.**, & Lamberth, J. Tai Chi and Bingo Improve Hand Function of Older adults: A Randomized Controlled Trial.
2. Ryuh, Y., **Chen, C.-C.**, Tomprorwski, P. D., Lamberth, J., & Pan, Z. The Effect of Acute Bout of Moderate-Intensity Aerobic Exercise on Visuospatial Working Memory and Motor Learning of a Golf Putting Task.
3. Seif-Naraghi, A., **Chen, C.-C. (JJ)** & Ringenbach, S.D.R. Examination of Gait Characteristics in Fatigue with and without Music in People with Intellectual Disabilities.

**Conference proceedings:**

1. **Chen, C-C**, Ringenbach, S.D.R., & Albert, A. (2012). Assisted Cycling Exercise Improves Bimanual Movement in adolescents with Down syndrome. *Proceedings of 12nd Asian Symposium of Adapted Physical Education*, 17-24.
2. **Chen, C-C**, & Lin, M-H (2006). PACER Performance in Obese School-Aged Males in Taiwan, *Proceedings of 9th Asian Symposium of Adapted Physical Education*, 103-107.

**Book chapters:**

1. Ringenbach, S. D. R., Arnold, N. E., Kahyun, N., Holzapfel, S. D., **Chen, C-C.**, Lopez, C., & Szeto, M. (in press). *Motor control in persons with Down syndrome: Review, Recent, Rethink*. In J. Burack and J. Edgin (Eds.), *The Oxford Handbook of Down Syndrome and Development*. Oxford, England, UK: Oxford University Press.
2. Ringenbach, S.D.R., Albert, A.R., Lichtsinn, K., **Chen, C-C (JJ)**, & Alberts, J.L. (2013). Assisted Cycle Therapy (ACT): Implications for Improvements in Motor Control, in M. Leitner & M. Fuchs (Eds.), *Motor Behavior and Control: New Research*, New York: NY, Nova.

### **Abstracts**

1. Holmes, M.E., Spring, K.E., **Chen, CC (JJ)**, & Ryuh, Y. (2019). Differences in Perceived and Measured Physical Activity and Sedentary Indices Among Physical Education Pedagogy Undergraduate Students, *APHA's 2019 Annual Meeting and Expo*.
2. Spring, K. E., Holmes, M. E., Ryuh, Y., & **Chen, C. C.** (2019). Compliance with Physical Activity Guidelines and Associations with Physical Literacy Among Future Physical Educators. *Medicine & Science in Sports & Exercise*, 51(6S), 224.
3. Talwar, S., **Chen, C. C.**, Lamberth, J., Ryuh, Y., Choi, P., Hommel, M., & Pan, Z. (2019). Effects of Tai Chi Exercise Versus BINGO on Fine Motor Functions in Older Adults. *Medicine & Science in Sports & Exercise*, 51(6S), 313.
4. Wood, K.E., Holmes, M.E., Ryuh, YJ, **Chen, CC**, Kulinna, P.H. (2018). So You Think You Are Better Than a 12-Year-Old Student? *Research Quarterly for Exercise and Sport*, 89 (suppl 1), A200-A201.
5. Ryuh, YJ, **Chen, C-C**, Wood, K.E., Holmes, M.E., & Pamala H. Kulinna (2018). Exploring Physical Competence and Knowledge Performance Among PETE Pre-Service Educators. *Research Quarterly for Exercise and Sport*, 89 (suppl 1), A201-A202.
6. **Chen, C-C** (2017). Dose-Response Association Between Exercise Intensity and Manual Motor Performance in Individuals with Down syndrome: A Preliminary Study. *Journal of Kinesiology and Wellness*, 6 (suppl 1), 47.
7. **Chen, C-C** (2016). Walking Performance in Adolescents and Young Adults with Down syndrome: The Role of Obesity and Sleep Disorders. *Journal of Kinesiology and Wellness*, 6 (suppl 1), 37.
8. Ringenbach, S.D.R., **Chen, C-C. (JJ)**, Porkes, R., & Carrington, E. (2013). Persons with Down syndrome demonstrate the rate effect. *Journal of Sport and Exercise Psychology*, 35, S70.

9. **Chen, C-C.**, Ringenbach, S.D.R, Snow, M., & Hunt, L.H. (2012). Improved Cognitive Functions but Not Motor Control Outcomes Following Treadmill Walking in Persons with Down Syndrome, *North American Federation of Adapted Physical Activity Symposium abstracts*, p60.
10. **Chen, C-C.**, Ringenbach, S.D.R, & Snow, M. (2012). Acute Aerobic Exercise Improves Cognitive Functions in Persons with Down Syndrome, *12nd International Symposium of the Asian Society for Adapted Physical Education and Exercise abstracts*, p27.
11. **Chen, C.C.**, Ringenbach, S.D.R., & Kelsey, A. (2012). People with Intellectual Disabilities Do Not Have Positive Affect After Walking Exercise, *Journal of Sport and Exercise Psychology*, 34, S214.
12. Ringenbach, S.D.R., **Chen, C.C.**, Albert, A., & Semken, K. (2011). Assisted Exercise Improves Cognitive and Motor Functions in Persons with Down Syndrome. *Journal of Sport and Exercise Psychology*, 34, S177.
13. Ringenbach, S.D.R., **Chen, C.C.**, Albert, A., & Semken, K. (2011). Assisted Exercise Improves Cognitive and Motor Functions in Persons with Down Syndrome. *ACSM's Physical Activity, Cognitive Function, and Academic Achievement conference abstracts*, p17.
14. Ringenbach, S. D. R., **Chen, C.C.**, A. Riekema, A. & Mulvey, G. M. (2011). Music Processing in Persons with Down Syndrome. *Society for Neuroscience Abstracts* (Program No 152.15).
15. Ringenbach, S. D. R., Seif-Naraghi, A., Riekema, A, **Chen, C.C.**, & Mulvey, G. M. (2011). RPE and HR Both Increase During Treadmill Walking in People with Intellectual Disabilities. *Journal of Sport and Exercise Psychology*, 33, S38.
16. Ringenbach, S. D. R., Coffman, K., **Chen, C.C.**, Mulvey, G. M., (2010). Timing deficits following music instructions in persons with Down Syndrome. *Society for Neuroscience Abstracts* (Program No.493.18).
17. Ringenbach, S. D. R., Gibbons, Z., **Chen, C.C.**, & Mulvey, G. (2010). Visual-part and Music Instructions Improve Timing Consistency in Bimanual Drumming in Adults with Down Syndrome. *Journal of Sport and Exercise Psychology*, 32, S48.
18. Ringenbach, S. D. R., Zimmerman, K., **Chen, C.**, & Boni, M. (2009). Continuous Information is Important for Adults with Down syndrome when Performing Continuous Bimanual Drumming. *Journal of Sport and Exercise Psychology*, 31, S40.
19. Ringenbach, S. D. R., Mulvey, G. M., & **Chen, C.** (2008). Visual Instruction Benefit Adults with Down Syndrome in Continuous Bimanual and Unimanual Drumming. *Journal of*



*Sport and Exercise Psychology, 30, S124*

**Conference Presentation:**

*(Regional, State, Local)*

1. "Hydrotherapy vs. land based exercises on dual task dynamic balance in geriatric population" (With Turner, A.J., Cander, H., Knight, A., Pan, Z. & Arachchige, S.K.). *Southeast Chapter of the American College of Sports Medicine*, Jacksonville, United States, February, 2020.
2. "The Sleep of a Young Adults with Fragile X Syndrome: A Descriptive Study" (With Grubbs, E., Cosgrove, A., Elmore-Station, L.). *Mississippi Academy of Sciences Third Annual Summer Student Science Symposium*, Starkville, Mississippi State University, July 2019.
3. "The Effects of Unified Soccer Program on Motor Performance and Sport skill in Young Adults with and without Intellectual Disabilities" (With Hardwick, H., Ryuh, YJ, Lim, S., Lee, Y., Kim, M-L). *12<sup>th</sup> College of Education Research Forum*, Starkville, Mississippi State University, April 2019.
  - **Hannah Hardwick was awarded First Place in Undergraduate Level Research Poster Category**
4. "The Effect of Unified Flag Football Program on Executive Function in Young Adults with Intellectual Disabilities" (Shirley, R., Ryuh, YJ, Lim, S., Lee, Y., & Kim, M-L). *12<sup>th</sup> College of Education Research Forum*, Starkville, Mississippi State University, April 2019.
5. "How does a unified sport program (dis)empower participants?" A qualitative Research on Unified Sport Participation and Psychological Empowerment (With Moors, M., Brinkley, B., Lim, S., Lee, Y., & Kim, M-L). *12<sup>th</sup> College of Education Research Forum*, Starkville, Mississippi State University, April 2019.
6. "The role of sport participation in consumer behavior of intercollegiate sports" (With Kuo, Y-H, Lim, S., Kim, D., & Lee, Y.). *Applied Sport Management Association*, Nashville, United States, February, 2019.
7. "Compliance with physical activity guidelines and associations with physical literacy among future physical educators" (With Spring, K.E., Holmes, M.E., & Ryuh YJ). *Southeast Chapter of the American College of Sports Medicine*, Greenville, United States, February, 2019.
8. "Gender differences in physical activity and sedentary behavior indices among physical education pedagogy undergraduate students" (With A. Mathis, Holmes, M.E., & Ryuh, YJ & Spring, K.E.). *Southeast Chapter of the American College of Sports Medicine*, Greenville, United States, February, 2019.

9. "So You Think You Are Better Than a 12-Year-Old Student? Exploring Physical Competence and Knowledge Performance Among PETE Pre-Service Educators" (With Ryuh, YJ, Wood, K.E., Holmes, M.E., & Kulinna, P.H.). *11<sup>th</sup> College of Education Research Forum*, Starkville, Mississippi State University, April 2018.
10. "So You Think You Are Better Than a 12-Year-Old Student? Relationships between Physical Self-Concept Profile, Physical Competence and Perceived-competence among PETE" (With Wood K.E., Holmes, M.E., Ryuh, YJ, & Kulinna, P.H.), *11<sup>th</sup> College of Education Research Forum*, Starkville, Mississippi State University, April 2018.
11. "Examining Different Foci of Attention on Golf Putting Performance in Novice Learners" (With Young, L., YonJoong Ryuh, Chen, C.-C. (JJ), Luczak, T., Lamberth, J., Lee, Y, & Kim, M-L.). *11<sup>th</sup> College of Education Research Forum*, Starkville, Mississippi State University, April 2018.
12. "Characteristics of Exercise Behavior among College Students: A Comparison Study between Kinesiology Exercise Science and Non-Kinesiology Majors" (With Hardwick H. & YonJoong Ryuh). *11<sup>th</sup> College of Education Research Forum*, Starkville, Mississippi State University, April 2018.
13. "So You Think You Are Better Than a 12-Year-Old?" (With Katherine E. Wood, Megan E. Holmes, YonJoong Ryuh, Pamala H. Kulinna), *Southeast Chapter of the American College of Sports Medicine*, Chattanooga, United States, February, 2018.
14. "The Effect of Tai Chi Intervention on Healthy Elderly by Means of Neuroimaging and EEG" (With Su, X., Pan, Z., McWhirter, K., Fang, Q., Hou, L., Lee, Y., and Kim, M), *Southeast Chapter of the American College of Sports Medicine*, Chattanooga, United States, February, 2018.
15. "Comparison of Upper Extremity Strength Among Different Age Groups of The Older Adult Population" (With Ryuh, Y., Talwar, S., McBeth, J., McWhirter, K., Siosin, N., and, Pan, Z), *Southeast Chapter of the American College of Sports Medicine*, Chattanooga, United States, February, 2018.
16. "The Relationship Between Among Manual Dexterity, Upper and Lower Extremity Strength in Older Adults Residing in Dependent Living" (With Choi, P., Talwar, S., Key, J., Hartmann, K., Bass, M., Pan, Z.), *Southeast Chapter of the American College of Sports Medicine*, Chattanooga, United States, February, 2018.
17. "Dose-Response Association Between Exercise Intensity and Manual Motor Performance in Individuals with Down Syndrome: A Preliminary Study" *Western Society of Kinesiology and Wellness*, Reno, United States, October, 2017.

18. "Effects of Exergaming on Mental Health and Manual Motor Function in Individuals with Intellectual Disabilities: A Pilot Study" (With Winston Smith\*, Yonjoong Ryuh, Poram Choi, Katie McWhirter, Meredith Bass, Aimee Pride, & Zhjung Pan). *10<sup>th</sup> College of Education Research Forum*, Starkville, Mississippi State University, March 2017.
  - **Winston Smith was awarded Third Place in Undergraduate Level Research Poster Category**
19. "Affective Responses to Exergaming in Young Adults with Intellectual Disabilities: A Pilot Study" (With Yonjoong Ryuh, Saira Talwar, Winston Smith, and Cam Douglas). *10<sup>th</sup> College of Education Research Forum*, Starkville, Mississippi State University, March 2017.
20. "Walking performance in Adolescents and young adults with Down syndrome: The role of obesity and sleep disorder" *Western Society of Kinesiology and Wellness*, Reno, United States, October, 2016.
21. "Does-Response Relationship between Acute Exercise and Cognition in Individuals with Down syndrome" (With Shannon D. R. Ringenbach). *AASP South Central Regional Conference*, Denton, United States, April, 2014.
22. "Visual-part and Music Instructions Improve Timing Consistency in Bimanual Drumming in Adults with Down Syndrome." (With Shannon D.R. Ringenbach, Zachary Gibbons, and Genna M. Mulvey). *Graduates in Earth, Life, and Social Sciences 11<sup>th</sup> Annual Research Symposium*, Tempe, Arizona State University.

*(International, National)*

1. "Manual Dexterity, not Grip Strength, is Associated with Executive Functions in Adolescents and Young Adults with Down syndrome" *National Motor Development Research Consortium*, Virtual Conference, United States, October, 2020
2. "Differences in Perceived and Measured Physical Activity and Sedentary Indices Among Physical Education Pedagogy Undergraduate Students" (With Holmes, M.E., Spring, K.E., & Ryuh, YJ). *American Public Health Association Annual Meeting and Expo 2019*, Philadelphia, United States, November, 2019
3. "Identifying attributes of a unified sport program that enhance Psychological Empowerment for participants, volunteers, and coaches" (With Lim, S., Lee Y., & Kim, M-L.). *The Third World Association for Sport Management*, Santiago, Chile, October, 2019.
4. "Psychomotor and Sport Benefits of Inclusive Soccer Program in Young Adults with and without Intellectual Disabilities" (With Ryuh, YJ, Lim, S., Lee Y., & Kim, M-L.). *The Fourth Assembly of the International Motor Development Research Consortium*, Verona, Italy, September, 2019.

5. "The Effects of an Inclusive Effects of an Inclusive Soccer Class on Physical Fitness and Skill Performance in College Students with and without Intellectual Disabilities" (With YongJoong Ryuh, Qun Fang, Soyoun Lim, Youngnan Lee, & Mi-Lyang Kim), *National Federation of Adapted Physical Activity Symposium*, Corvallis, United States, October, 2018.
6. "Are Executive Functioning Related Sport Performance in Young Adults with and without Intellectual Disabilities" (With Hannah Hardwick, YongJoong Ryuh, Soyoun Lim, Youngnan Lee, & Mi-Lyang Kim), *National Federation of Adapted Physical Activity Symposium*, Corvallis, United States, October, 2018.
7. "So You Think You Are Better Than a 12-Year-Old Student? Relationships between Physical Self-Concept Profile, Physical Competence and Perceived-competence among PETE" (With Katherine E. Wood, Megan E. Holmes, YonJoong Ryuh, Pamala H. Kulinna), *Shape America National Convention*, Nashville, United States, March, 2018.
8. "So You Think You Are Better Than a 12-Year-Old Student? Exploring Physical Competence and Knowledge Performance Among PETE Pre-Service Educators" (With YonJoong Ryuh, Katherine E. Wood, Megan E. Holmes, Pamala H. Kulinna), *Shape America National Convention*, Nashville, United States, March, 2018.
9. "Attention Game Training Effects on EEG and Golf Putting Performance" (With Debbie Crews). *World Scientific Congress of Golf*, Queensland, Australia, September, 2014.
10. "Assisted Cycling Therapy (ACT) Improves Fine Manual Dexterity in Persons with Down Syndrome." (With Shannon D. R. Ringenbach, and Andrew Albert). *12nd International Symposium of the Asian Society for Adapted Physical Education and Exercise*, The Hong Kong Institute of Education, Hong Kong, China, August, 2012.
11. "Can Music Instruction Have an Effect on Motor Skill Learning in Adults with Down Syndrome?" (With Shannon D.R. Ringenbach). *2011 National Higher Education in Kinesiology and Physical Education*, Buena Vista, United States, January, 2011.
12. "Visual-part and Music Instructions Improve Timing Consistency in Bimanual Drumming in Adults with Down syndrome". (With Shannon D.R. Ringenbach, Zachary Gibbons, and Genna M. Mulvey). *North American Federation of Adapted Physical Activity Symposium*, River Side, United States, November, 2010.
13. "The Influence Of Music And Chanting Instructions on Bimanual Drumming in Adults With Down Syndrome". (With Shannon. D.R. Ringenbach, Meghan Boni, and Kristina Zimmerman). *The Canadian Society for Psychomotor learning and Sport Psychology*, Toronto, Canada, November, 2009.

14. "The Survey of the Needs for APA Professionals in Taiwan." (With Man-Hway Lin). 2009 *International Symposium of Adapted Physical Activity*, Gävel, Sweden, July, 2009.
15. "People with Down Syndrome Can Dance. Poster presentation." (With Shannon D.R. Ringenbach). *The Canadian Society for Psychomotor learning and Sport Psychology*, Canmore, Canada, November, 2008.
16. "Cardiovascular Response in Obese School-Aged Males in Taiwan during PACER Test." (With Man-Hway Lin). *9th International Symposium of the Asian Society for Adapted Physical Education and Exercise*, Kwassui Women's College, Nagasaki, Japan, August, 2006.
17. "The Change of Pulse Rate in Young Schoolboys of Different Obese Degrees during PACER Exercise." (With Man-Hway Lin). *2004 International Conference of Health and Adapted Physical Activity for Children*, Taiwan Normal University, Taipei City, Taiwan, June, 2004.

**Newspaper Article:**

(Chinese)

1. 陳志佳 (2007, February 23)。課程多變，才有吸引力 Adopting Changeable Ideas in School Curriculum，國語日報 Mandarin Daily News。
2. 陳志佳 (2007, May 04)。成立危機小組，平日多演練 Crisis Management in School，國語日報 Mandarin Daily News。

**Invited Presentation:**

(Regional, State, Local)

1. University of Alabama, Psychology Cognitive Science Group Meeting  
Tuscaloosa, AL, September 2017  
*Exercise and Movement in Persons with Down syndrome*
2. Mississippi State University, 10<sup>th</sup> COE Research Forum, Starkville, MS, April 2017  
*Exergaming to Improve Motor Function and Sleep Behavior in Young Adults with Intellectual Disabilities*
3. Arizona State University, MUE 161 Introductions to Music Therapy  
Tempe, AZ, October 2012  
*Music and Movement in Persons with Down syndrome*
4. Arizona State University, MUE 463, Music Therapy Techniques  
Tempe, AZ, March 2011

*Music and Movement in Persons with Down syndrome*

5. Arizona State University, Kinesiology Program Seminar  
Tempe, AZ, September 2010  
*Visual Discrete and Music Instructions Improve Timing Consistency in Bimanual Drumming in Adults with Down Syndrome*

*(International)*

1. Badminton World Federation  
Research Webinar, September 2020  
*Promoting Health and Well-being through Campus Inclusive Badminton Program for Young Adults with Intellectual Disabilities*
2. National Cheng Kung University,  
Tainan City, Taiwan, May 2019  
*Neuromarketing: The Application of Frontal Brain Asymmetry*

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**GRANTS ACTIVITY**

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**Extramural**

*(Funded)*

2020-2023

**Civil Money Penalty Grant Awards Program**

The Centers for Medicare & Medicaid Services, Department of Health and Human Services

Title: "Bingocize®: An evidence-based health promotion program to improve the quality of life of Mississippi certified nursing facility residents", Co-PI, \$ \$360,928

- This project is to provide an easy-to-use and enjoyable activity capable of increasing daily social engagement, improving functional health, and decreasing social isolation in certified nursing facility residents.

2020-2021

**Consultant to evaluate Young Athletes partnership with the American Library Association**

Special Olympics International/CDC

Title: "Healthy Active Mississippi: An evidence-based Young Athlete Program to improve health status of Mississippi child and youth with intellectual disabilities", PI, \$29,225

- This project is to provide an easy-to-use and enjoyable activity capable of increasing daily social engagement, improving functional health, and decreasing social isolation in certified nursing facility residents.

2020-2021

### **Research Grant**

Badminton World Federation

Title: "Promoting Badminton Health through BWF Shuttle Time Training for Young Adults with Intellectual Disabilities", PI, \$7,164

- This project will expand the understanding of the effect of badminton sport on physical fitness and adaptive behaviors in adults with intellectual disabilities.

2018-2019

### **Mini Grant**

The Mississippi Council on Developmental Disabilities

Title: "Move to Inclusive Health", PI, \$9,245

- This project will develop adapted physical activity, nutrition education and sport event opportunities for people with intellectual disabilities in Mississippi State University and its surrounding areas.

### **Research Grant**

Badminton World Federation

Title: "Promoting Health and Well-being through Campus Inclusive Badminton Program for young adults with Intellectual Disabilities", PI, \$10,000

- This project will adopt a new badminton curriculum, Shuttle Time, to investigate the effect of inclusive badminton program on health markers in adults with intellectual disabilities.

### **Research Grant**

Association for Applied Sport Psychology

Title: "The Impact of Focus of Attention on Psychophysiological Index in Golf Putting Skill; The moderation Role of Different Skill Levels", PI, \$2,490

- This project will be provided to coaches and athletes to consider movement planning and environmental perception altogether via quite-eye duration, EEG alpha frontal and temporal asymmetry in motor learning and performance.

### **Research Seed Grant**

Association for Applied Sport Psychology

Title: "Examination of Visual Information as a Mediator of Different Attention of Foci in Beginners' Golf Putting Performance", PI, \$476

- The purpose of this study is to understand the impact of visual information and attention focus on 10-ft golf putting between skilled players and novices

2017-2021

### **Global Research Network Grant**

National Research Foundation of Korea

Title: "Multidimensional approach in Leisure Sport Participant's well-being", foreign collaborator, \$300,000

- This project takes the highly interdisciplinary approach even further by implementing a holistic intervention program to promote well-being through active sport participation.

2011-2012

**Student Health Professional Research Grant**

Special Olympic/Center of Disease Control

Title: "Effects of Exercise on Cognitive and Motor functions for People with Down syndrome", Co-PI, \$5,000.

- The major goal of the study is to use treadmill exercise as intervention to quantify the impact on executive function and fine manual control

(Unfunded)

2020-2021

**Pilot Research Grant**

Healthy Weight Research Network

Title: "Health Transition: Weight, Nutrition, Food Choice and Physical Activity Promotion in Young Adults with Intellectual Disabilities", PI, \$9,383.

**Innovative Project**

The Mississippi Council on Developmental Disabilities

Title: "Bridging the Gap: Inclusion and Integration", PI, \$ 41,289.

**Research Grant Program**

CANTAB Research Grant

Title: "Effect of Unified Badminton Program on Mental Health: Executive Function in Intellectual Disabilities", PI, \$1,300.

2019-2020

**Research Grant Program**

Badminton World Federation

Title: "The Relationship and Effects of Badminton on Physical and Psychological Health in Novice Adults", PI, \$10,000

2019-2022

**R15 Research Enhancement Award**

National Institute of Health

Title: "Being Active (BEAT) Study in Down syndrome: Novel Relationship between Exercise and Cognition", PI, \$ 377,261

2018-2019



**Research Grant Program**

NIRSA

Title: "Promoting Health and Well-being Through Campus Recreation Programs for College Students with and without Intellectual Disabilities", PI, \$10,000

**Research Grant Program**

Organization for Autism Research

Title: "Effects of Cycling on Health and Well-Being in Young Adults with Autism", PI, \$30,000

**The Young Investigator Grant Program**

National Strength and Conditioning Association

Title: "Exploring the Effect of Acute Resistance Exercise and Cognitive Function in Adults with Down syndrome", PI, \$20,000

2017-2018

**Research Grant Program**

Shape America **(Invited for Phase II)**

Title: "Acute Effects of Treadmill Walking Exercise on Cognitive Function and Brain Activation in Individuals with Intellectual Disabilities", PI, \$5,000.

**Special Olympics Canada Research Grant**

Special Olympics Canada

Title: "Focus of Attention to Enhance Basketball Shooting in Persons with ID", PI, \$20,000.

**Research Grant Program**

Grammy Foundation **(Final list)**

Title: "Effects of Exercise and Music on Motor and Cognitive Functions in Individuals with Intellectual Disability", PI, \$20,000.

2016-2017

**Research Grant**

Jerome Lejeune Foundation

Title: "Acute Effects of Treadmill Walking on Cognitive Function and Brain Activation in Individuals with DS", PI, \$20,000.

**Research Grant Program**

Grammy Foundation **(Final list)**

Title: "Effect of Music on Physical Performance and Mood in Individuals with Down syndrome", PI, \$20,000.

**Research Grant Program**

CANTAB Cognitive Research Grant **(Final list)**

Title: *"The Effect of Exercise on Cognitive Function in Individuals with Down Syndrome"*, PI, \$750.

### **Intramural**

(Funded)

2020-2021

#### **Ottillie Schilig Special Teaching Project**

Center for Teaching and Learning, Mississippi State University

Title: *"Increasing Experimental Learning Experience in Human Movement Study"*, PI, \$3,000.

- The purpose of this project is to provide more hands-on activities that will enhance the active learning process, develop practical skills, and practice the role of the physical activity professionals.

2018-2019

#### **Inclusion through Innovation Grant**

Office of Institutional Diversity & Inclusion, Mississippi State University

Title: *"Building Inclusive Culture: Sport Makes Inclusion Happen"*, PI, \$400

- The purpose of this project is to primary create a campus inclusive soccer program and to investigate the possibility role of campus involvement in mitigating health and wellness in college students with and without intellectual disabilities.

2017-2018

#### **Undergraduate Research Grant**

College of Education, Mississippi State University

Title: *"The Inclusive Soccer Program on Health and Well-being in Young Adults with Intellectual Disabilities"*, PI, \$2,000.

- It is the first project to provide inclusive environment and structured physical activity program to health promotion for MSU students with and without intellectual disabilities Undergraduate Research Grant

#### **Undergraduate Research Grant**

College of Education, Mississippi State University

Title: *"Title: The Effect of Vision on Variety of Balance Measures in Elderly Adults with and without Parkinson's Disease"*, Co-PI, \$2,000.

- This project is going to collaborate with University of Mississippi Medical Center and local group home to assess perceptual and motor performance in Parkinson's patients

2016-2017

#### **Undergraduate Research Grant**

College of Education, Mississippi State University

Title: *"Exergaming to Improve Motor Functions and Sleep Behavior in Young Adults with Intellectual Disabilities"*, PI, \$2,000.

- It is a pilot study to understand a short-term video game intervention on psychosocial perspective in MSU ACCESS students with intellectual disabilities

### **International Working Group Grant**

International Institute, Mississippi State University

Title: *"Health and Well-beings in Autism"*, PI, \$2,500.

- The major goal is to develop grant proposal through collaboration with colleagues with the similar interests in special populations.

2012-2013

### **Graduate Research Support Program**

Arizona State University

Title: *"The Associations between Overnight Sleep Patterns and Daytime Physical Activity Levels in Persons with Down Syndrome"*, PI, \$569.9.

- It is a pilot study to investigate the relationship between physical activity and sleep problems

2010- 2011

### **JumpStart Research Grant**

Arizona State University

Title: *"The Usefulness of Rated Perceived Exertion (RPE) Scales in people with Down syndrome"*, PI, \$500.

- The major goal of the study is the application of 4-point RPE scale on treadmill exercise

### **Graduate Research Support Program**

Arizona State University

Title: *"Effects of Exercise on Cognitive and Motor functions for People with Down syndrome"*, PI, \$2,000.

- The major goal of the study is to use treadmill exercise as intervention to quantify the impact on executive function and fine manual control

### **School of Nursing and Health Innovation**

Arizona State University

Title: *"Does Music-Based Treadmill Walking Improve Performance of Cognition & Motor Learning in People with Intellectual Disabilities?"*, Co-PI, \$5,000.

- The major goal of the study is to study the retention and transfer on bimanual motor learning via treadmill walking

(Unfunded)

2019-2020

**Ottile Schilig Special Teaching Project**

Center for Teaching and Learning, Mississippi State University

Title: *"Sports for All: Promoting an Inclusive Society"*, \$3,000.

2017-2018

**Undergraduate Research Grant**

College of Education, Mississippi State University

Title: *"Performance and Human Factor: Considering Vision and Attention in Golf Putting Performance"*, PI, \$2,000.

**Undergraduate Research Grant**

ORED, Mississippi State University

Title: *"Cognitive Indices of Perceived Physical Literacy in Physical Education Teacher Candidates: Relationship between Physical Self-Perception and Physical Activity"*, PI, \$2,000.

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**PROFESSIONAL AFFILIATIONS**

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Association of Applied Sport Psychology (2012-present)

American College of Sports Medicine (2011-present)

International Federation of Adapted Physical Activity (2007-present)

International Motor Development Research Consortium (2019-present)

Shape America (2012-present)

The National Consortium for Physical Education for Individuals with Disabilities (2018-present)

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**PROFESSIONAL SERVICE ACTIVITIES**

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**Service to the Profession**

**Journal Guest Reviewer**

Adapted Physical Activity Quarterly (2021, 2018)

American Journal on Intellectual and Developmental Disabilities (2016)

Developmental Neurorehabilitation (2019, 2016)

Disability and Rehabilitation (2019)

IEEE Access (2017)

International Journal of Disability, Development and Education (2017, 2015, 2014)

International Journal of Developmental Disabilities (2021, 2019, 2016)

International Journal of Exercise Science (2017, 2016, 2015)

International Journal of Golf Science (2015, 2014)

International Journal of Sport and Exercise Psychology (2021, 2016)

Journal of Applied Research in Intellectual Disabilities (2020, 2018)

Journal of Applied Sport Psychology (2013)

Journal of Complementary and Integrative Medicine (2017)  
Journal of Intellectual Disabilities (2020)  
Journal of Intellectual Disability Research (2021, 2020, 2018, 2017, 2016)  
Journal of Intellectual & Developmental Disability (2016)  
Journal of Lung Health and Diseases (2018)  
Journal of Motor Learning and Development (2015)  
Journal of Developmental and Physical Disabilities (2019, 2018)  
Journal of Science and Medicine in Sport (2017)  
Journal of Teaching in Physical Education (2019)  
Perceptual and Motor Skill (2018, 2015, 2014)  
Psychological Reports (2017)  
Research in Developmental Disabilities (2019, 2015)

### **Conference Abstract and Grant Reviewer**

American Psychology Association Division 47 Annual Conference (2021)  
Shape America Research Grant Program (2019, 2012)  
AAHPERD National Convention and Exposition (2013)  
Association of Applied Sport Psychology Annual Conference (2018-2019, 2016,  
2012-2014)  
Graduate and Professional Students Association, Arizona State University (2009-  
2013)

### **Journal Editor Board**

Behavioral Medicine (2020-present)  
Journal of Developmental and Physical Disabilities (2019-2020)  
Journal of Intellectual Disability Research (2020-present)

### **Profession Association**

Associate Member, Healthy Weight Research Network - Children with  
Intellectual & Developmental Disabilities (2019-present)

## **Service to Mississippi State University**

### **College Service**

ACCESS Advisory Board, 2019-2020  
*ACCESS program is an inclusive and comprehensive program to promote  
the successful transition of Mississippi State students with intellectual  
disabilities*  
Instructor Position Search Committee for Instructional Systems and Workforce  
Development Department, 2019  
Diversity Committee, 2016-2019 (Elected)  
Judge, Poster session at 11<sup>th</sup> College of Education Research Forum, 2018

### **Departmental Service**

Interdisciplinary Studies Bachelor Curriculum Development Sub-Committee,  
2017-2018 (Appointed)  
Disability Studies Master Curriculum Development Sub-Committee, 2016-2017  
(Appointed)  
NCATE committee, 2015-present  
Laboratory committee, 2015-present  
Division of Exercise Science undergraduate curriculum committee, 2015-present  
Division of Sport Studies curriculum committee, 2015-present

### **Service to Community**

#### **Tai Chi for Aging**, Mississippi Senior Facilities, Summer 2019-Spring 2020

- Providing Tai Chi activities once per week in three local senior facilities for aging with limited mobility and dementia  
Summer 2019- Trinity Retirement Community  
Fall 2019- The Claiborne at Adelaide, Trinity Retirement Community,  
BeeHive Homes of Starkville  
Spring 2020- The Claiborne at Adelaide, Trinity Retirement Community,  
Carrington Nursing Center

#### **Adapted Soccer Activity for Intellectual Disabilities**, Fall 2019-Spring 2020

- In collaboration with Starkville community counseling services to provide soccer activities once per week for 20-30 older adults with intellectual disabilities in the local site

#### **Volunteer Coach**, Mississippi Area 6 Special Olympics Golden Triangle Region (2015-present)

- Being unified partner to assist Basketball Training for Summer Game
- Assist with Fall Basketball and Volleyball and Spring Track and Field events

#### **Adapted Physical Fitness Assessment**, Tupelo High School, Fall 2018 & 2020

- Assisting physical fitness assessments on students with disabilities and providing physical activity recommendations for school IEP committee

#### **Event Coordinator**, StarkVegas Fútbol Jamboree, Mississippi State University, (Spring, 2018, Spring 2019)

- Recruiting and coaching soccer for individuals with intellectual disabilities
- Assisting unified team organization

#### **Student Leader**, International Students Club, Arizona State University (2008-2009)

- Organized and led weekly bible study and monthly social activities attended by international students

**Volunteer Coach**, Arizona Tempe Special Olympics Programs (2007-2013)

- Responsible for assisting student understanding of class content and development of studying skills
- Assist with spring Basketball, Tennis and Volleyball weekly training programs
- Served as unified tennis double and volleyball partners in 2011-2013 Arizona Special Olympic Summer games

**Assistant Coach**, Adapted Aquatic Program, Taiwan (2005-2006)

- Responsible for conducting lessons that focused on fitness, motor skills and daily living skills to young children with cerebral palsy and other children with special needs.
- Maintained a safe and healthy environment of learning

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**CERTIFICATION/LISCENSURES**

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2017-2024 **Certified Adapted Physical Educator**

Issued by National Consortium for Physical Education and Recreation for Individuals with Disabilities

2017-present **Certified Inclusive Fitness Trainer**

Issued by American College of Sport Medicine/National Center on Health, Physical Activity and Disability

2016-present **Certified Exercise Physiologist**

Issued by American College of Sport Medicine

2014-present **Physical Activity in Public Health Specialist**

Issued by American College of Sport Medicine/National Physical Activity Society

2000-present **Certified Elementary School Teacher**

Issued by Taiwan Ministry of Education

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**LAB ALUMNI**

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(PhD Level)

Yonjoong Ryuh (2020) - Assistant Professor, Department of Kinesiology, Sonoma State University