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## Ashlee S. Davis

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### RESEARCH INTERESTS

Design, implementation, and evaluation of community health & wellness programs  
Physical activity for mental and emotional wellbeing  
Use of digital health to improve health program access and to promote sustainable health behaviors  
Social determinants of health

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### EDUCATION

<b>Doctor of Philosophy in Kinesiology</b> , Exercise Psychology Cognate: Public Health Georgia State University, Atlanta, Georgia	<b>2020</b>
<b>Graduate Certificate in Public Health</b> Georgia State University, Atlanta, Georgia	<b>2018</b>
<b>Master of Science</b> , Exercise Science Concentration: Exercise Physiology Georgia State University, Atlanta, Georgia	<b>2014</b>
<b>Bachelor of Science</b> , Health Science Howard University, Washington, D.C.	<b>2011</b>

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### PROFESSIONAL EXPERIENCE

2021 – Present	<b>Assistant Professor, Health &amp; Community Wellness</b>
2022 – Present	<b>Program Coordinator, M.S. Integrative Health &amp; Wellness</b> Sport Management, Wellness, & Physical Education University of West Georgia, Carrollton, GA
2021	<b>Limited Term Instructor</b> Sport Management, Wellness, & Physical Education University of West Georgia, Carrollton, GA
2019 - 2020	<b>Graduate Research Assistant (Assistant Program Coordinator)</b> Desire2Move

	Georgia State University, Atlanta, GA
2017 – 2020	<b>Instructor</b> Oh Baby! Fitness, Atlanta, GA
2016 - 2020	<b>Graduate Teaching Assistant</b> Department of Kinesiology & Health Georgia State University, Atlanta, GA
2016 - 2017	<b>Part-time Instructor</b> Wellness Instruction Spelman College, Atlanta, GA
2015 - 2016	<b>Director of Wellness</b> Calvin Court Presbyterian Homes of Georgia, Atlanta, GA
2014 - 2015	<b>Fitness Specialist</b> Lenbrook Continuing Care Retirement Community Atlanta, GA
2013 - 2014	<b>Graduate Assistant</b> Employee Development & Wellness Services Georgia State University, Atlanta, GA
2012 - 2013	<b>Graduate Assistant</b> Student Recreational Services Georgia State University, Atlanta, GA

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## SCHOLARSHIP AND PROFESSIONAL DEVELOPMENT

### Peer-reviewed Manuscripts

1. **Davis, A.S.**, Gross, S., McEntyre, K., Simon, M., Biber, D., Stopeker, P., and Meyer, A. (In Preparation). A RE-AIM Evaluation of an Out-of-School Time Physical Activity Initiative for Middle School Girls.
2. **Davis, A.S.**, Stopeker, P., Saponaro, M. (In review). Video Observation and Automated Analysis to Evaluate Usage of a Rural Linear Park.
3. Biber, D.D., & **Davis, A.S.** (In review). A Positive Psychology Intervention for College Student Mental Health and Health Behaviors.

4. Biber, D.D., **Davis, A.S.**, & Stewart, B. (2023). Heads Up! Using a Mobile Platform to Assess Division II Student-Athlete Mental Health. *Journal of Sport Psychology In Action*.
5. Stoepker, P., Biber, D.D., **Davis, A.S.**, Welk, G.J., Meyer, A. (2023). Contextualizing Adolescent Female Physical Activity Behavior: A Descriptive Study. *International Journal of Environmental Research and Public Health*.
6. Biber, D. D., Stoepker, P., **Davis, A.**, & Ha, T. (2022). College student physical activity interventions: A systematic review. *Journal of Health, Sports, and Kinesiology*.
7. Ballard, A., **Davis, A.**, Wong, B., Lyn, R., & Thompson, W. (2021). The effects of exclusive walking on lipids and lipoproteins in women with overweight and obesity: A Systematic Review and Meta-Analysis. *American Journal of Health Promotion*.
8. **Davis, A.**, Ellis, R., & Wilson, K. (2021). An observation of the impact of tailored messages on participant compliance during Desire2Move. *Translational Behavioral Medicine*. doi: 10.1093/tbm/ibab092
9. **Davis, A.**, Sweigart, R., & Ellis, R. (2020). A systematic review of tailored mHealth interventions for physical activity promotion among adults. *Translational Behavioral Medicine*, 10(5), 1221–1232. <https://doi.org/10.1093/tbm/ibz190>
10. Ellis, R., Saringer, C., **Davis, A.**, Biber, D., & Ferrer, D. (2020). Examining the impact of wellness champions on the effectiveness of a workplace health and well-being program. *American Journal of Health Promotion*, 35(1), 121–126. <https://doi.org/10.1177/0890117120929131>
11. Ballard, A.M., **Davis, A.**, & Hoffner, C. (2020). The impact of health narratives on persuasion in African American women: A Systematic Review and Meta-Analysis. *Health Communication*, 1 – 12. doi: 10.1080/10410236.2020.1731936
12. **Davis, A.** & Ellis, R. (2019). A quasi-experimental investigation of college-students' ratings of two physical activity mobile apps with varied behavior change technique quantity. *Digital Health*. <https://doi.org/10.1177/2055207619891347>

Peer-reviewed Published Abstracts  
(*Mentored students underlined*)

1. **Davis, A.**, Wilson, K., & Ellis, R. (2021). An Observation of the Impact of Tailored Messages on Participant Non-compliance in Desire2Move. *Annals of Behavioral Medicine*, 55(Suppl.), S51.
2. **Davis, A.**, Molina, T., Wilson, K., & Ellis, R. (2021). Reasons for Non-Compliance during an eHealth Workplace Health and Well-being Program. *Annals of Behavioral Medicine*, 55(Suppl.), S392.

3. **Davis, A.**, Appleton, S., Sweigart, R. & Ellis, R. (2020). Patterns of Individual Level Program Implementation in a Workplace Health and Well-Being Program. *Annals of Behavioral Medicine*, 54(Suppl.), S642.
4. **Hamilton, A.**, & Ellis, R. (2017). Predictors of physical activity intention and behavior among university employees. Southeast Regional Chapter of the American College of Sports Medicine, Greenville, SC, 67.
5. Biber, D., Ellis, R., Ransaw, C. J., Saringer, C., Ferrer, D., **Hamilton, A.**, & Abbott, L. (2015). Motivational correlates of physical activity among university employees. Southeast Regional Chapter of the American College of Sports Medicine, Jacksonville, FL, 92.
6. **Hamilton, A.**, & Ellis, R. (2015). Effects of electronic reminders for promoting exercise motivation and adherence in university students. Southeast Regional Chapter of the American College of Sports Medicine, Jacksonville, FL, 62.

Peer-Reviewed Presentations to Scholarly and Professional Groups  
(*Mentored students underlined*)

1. Ellis, R. & **Davis, A.S.** (2024). Do Targeted Email Messages Improve Adherence to Electronic Monitoring during a Workplace Physical Activity Program? Poster presentation accepted for the 2024 Society of Behavioral Medicine Annual Meeting in Philadelphia, PA.
2. **Davis, A.S.**, Gross, S., Simon, M., McEntyre, K., Heidorn, J., & Meyer, A. (2024) Poster presentation accepted for the 2024 Society of Behavioral Medicine Annual Meeting in Philadelphia, PA.
3. Gross, S. and **Davis, A.S.** (2024). Methods for Implementing High-Impact Practices and Program Evaluation in the Girls Empowering Movement Initiative. Tutorial session presented at the 2024 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine in Greenville, SC.
4. Spence, E., **Davis, A.S.**, Biber, D., & Haedicke, A. (2024). Examining the Relationship Between A Digital Mental Health Literacy Program and Student Athlete Mental Health. Poster presentation at the 2024 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine in Greenville, SC.
5. Brinkman, H., Spence, E., & **Davis, A.S.** (2024). Examining College Students Mental Health Outcomes Based on Exercise Environment Preferences. Poster presentation at the 2024 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine in Greenville, SC.

6. **Davis, A.S.**, Stoepker, P., & Saponaro, M. (2023). Video Observation and Automated Analysis to Evaluate Usage of a Rural Linear Park. Poster presentation at the 2023 American College of Sports Medicine Annual Meeting in Denver, CO.
7. **Davis, A.**, Gross, S., Stoepker, P., Biber, D., Heidorn, J., & Meyer, A. (2023). A RE-AIM Evaluation of the Girls Empowering Movement Initiative. Poster presentation at the 2023 Society of Behavioral Medicine Annual Meeting in Phoenix, AZ.
8. Biber, D.D., **Davis, A.**, & Stewart, B. (2023). Behavioral Health Screening for University Student Athletes. Poster presentation at the 2023 Society of Behavioral Medicine Annual Meeting in Phoenix, AZ.
9. Heidorn, J., Biber, D.D., Stoepker, P., **Davis, A.**, Gross, S. (2023). Girls Empowering Movement (GEM) Physical Activity Leadership Program. Presentation at the 2023 SHAPE America Conference in Seattle, WA.
10. **Davis, A.**, Appleton, S., Molina, T., & Ellis, R. (2021). The Impact of Tailored Messages on Physical Activity Participation During an eHealth Workplace Health and Wellbeing Program. Poster presented at the 2021 Kinesiology Research Day at Augusta University.
11. **Davis, A.**, Wilson, K., & Ellis, R. (2021). An Observation of the Impact of Tailored Messages on Participant Non-compliance in Desire2Move. Research Spotlight presented at the virtual annual meeting of the Society of Behavioral Medicine.
12. **Davis, A.**, Molina, T., Wilson, K., & Ellis, R. (2021). Reasons for Non-Compliance during an eHealth Workplace Health and Well-being Program. Research Spotlight presented at the virtual annual meeting of the Society of Behavioral Medicine.
13. **Davis, A.**, Appleton, S., Sweigart, R. & Ellis, R. (2020). Patterns of Individual Level Program Implementation in a Workplace Health and Well-Being Program. Poster to be presented at the annual meeting of the Society of Behavioral of Medicine, San Francisco, CA. \*Canceled due to COVID19.
14. **Davis, A.** & Ellis, R. (2019). User perceptions of mobile apps for physical activity. Poster presented at the annual meeting of the Society of Behavioral of Medicine, Washington, DC.
15. Ellis, R., Saringer, C., Biber, D., Ferrer, D., & **Davis, A.** (2019). Does the organization Desire2Move? Poster presented at the annual meeting of the Society of Behavioral of Medicine, Washington, DC.
16. Ballard, A.M., **Davis, A.**, Warren, G., & Hoffner, C., The effect of health narratives on persuasion in African American women: A Meta-Analysis. (2018). Paper presented at the CDC National Conference on Health Communication, Marketing, and Media.

17. **Davis, A.**, Biber, D., & Ellis, R. (2018). Barriers to a workplace physical activity program. Paper presented at the annual meeting of the Southeast Regional Chapter of the American College of Sports Medicine, Chattanooga, TN.
18. **Hamilton, A.**, & Ellis, R. (2017). Predictors of physical activity intention and behavior among university employees. Poster presented at the annual meeting of the Southeast Regional Chapter of the American College of Sports Medicine, Greenville, SC.
19. Biber, D., Ellis, R., Ransaw, C. J., Saringer, C., Ferrer, D., **Hamilton, A.**, & Abbott, L. (2015). Motivational correlates of physical activity among university employees. Poster presented at the annual meeting of the Southeast Regional Chapter of the American College of Sports Medicine, Jacksonville, FL.
20. **Hamilton, A.**, & Ellis, R. (2015). Effects of electronic reminders for promoting exercise motivation and adherence in university students. Poster presented at the annual meeting of the Southeast Regional Chapter of the American College of Sports Medicine, Jacksonville, FL.

#### Invited Presentations

1. Davis, A. (2021). Mindfulness in the Workplace. Vice Provost Fall Retreat, University of West Georgia, Carrollton, GA.
2. Davis, A. (2021). Motivational Strategies for Physical Activity. Exercise is Medicine Virtual Series, University of West Georgia, Carrollton, GA.
3. Davis, A. (2020). Mindfulness, Self-compassion, and Yoga. Best of the Blue Speaker Series, GSU Young Alumni Council, Atlanta, GA.
4. Davis, A. (2018). Mindfulness and Meditation. Campus Life Division Retreat, Emory University, Atlanta, GA.
5. Davis, A. (2017). Physical Activity Promotion. Chinese Olympic Delegations for Winter Sports, Atlanta, GA.
6. Davis, A. (2016). Mobile Applications for Physical Activity and Fitness. Chinese Olympic Delegations for Winter Sports, Atlanta, GA.

#### Grant Funding and Funded Activity

##### Unfunded

1. **Davis, A.S.**, Johnson, L., Plummer, L., Stewart, B., Biber, D.D., Hussa-Ferrell., and Ferrell, T. (Unfunded). Sharpen Athlete: A Peer-Focused Intervention to Promote Student-Athlete Resilience. Submitted to the NCAA. Amount Requested: \$19,654.  
Role: PI

2. Gazmararian, J., Graybill, E., Boedeker, P., Biber, D. D., **Davis, A.**, Meyer, A., Gross, S. (Unfunded). Girls Empowering Movement (GEM): Integrating Mindfulness and Movement for Positive Mental, Emotional and Behavioral Health. Submitted to the National Institutes of Health. Amount Requested: \$3,350,048  
Role: Co-I

Funded

3. **Davis, A.S.**, McBurse, S., & Biber, D.D. (2021). Affordable Materials Grant, Round 21. Affordable Learning Georgia. Amount awarded: \$23, 000  
Role: PI
4. **Davis, A.** (2021). A Public Health Evaluation of the Carrollton GreenBelt. College of Education Seed Grant. Amount awarded: \$3,750  
Role: PI

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## INSTRUCTION AND STUDENT ADVISING

### Instruction (\*developed new course)

#### **University of West Georgia**

CMWL 2200 Social Determinants of Health  
CMWL 3101 Mental & Emotional Wellness  
CMWL 3202 Psychology of Health & Wellness  
CMWL 3220 Principles & Fundamentals of Health Promotion and Education  
CMWL 3401 Technology in Health & Wellness  
CMWL 4103 Applied Research Methods in Health & Community Wellness  
CMWL 6200 Behavior Change Strategies for Well-Being\*  
CMWL 6300 Mind Body Wellbeing\*  
CMWL 6500 Technology in Integrative Wellness\*  
CMWL 6700 Personal and Professional Development\*

#### **Georgia State University**

KH 2230 Physiology  
KH 4630 Fitness Testing and Exercise Prescription  
KH 3650 Physiology of Exercise  
KH 4280 Psychology of Physical Activity

#### **Spelman College**

SWEL 101 Yoga & Meditation I \*  
SWEL 102 Yoga & Meditation II \*

**Student Advising**

**Doctoral Dissertation Committee Member**

Mortissa Harvey, Ed.D. Higher Education Administration

Degree in progress

Dissertation title: "Shared Experiences of Men Serving as Title IX Coordinators"

**Master's Thesis Committee Member**

Laurin Plummer, M.S. Sociology

Degree conferred Fall 2023

Thesis title: "Social Support for Student Athletes: Parental Relationships"

**Undergraduate Student Research Student Assistant**

Haley Brinkman, B.S. Health & Community Wellness

Funded Student Research Assistant: Spring 2023

Scholars Day Project: An Evaluation of the Relationship Between College Student's Mental Health and Carrollton GreenBelt Usage

Barbara Aikins, B.S. Health & Community Wellness

Funded Student Research Assistant: Spring 2023

Scholars Day Project: Understanding College Students Use of the GreenBelt

**PROFFESIONAL SOCIETIES AND ORGANIZATIONS:**

American Psychological Association	2024 - Present
Society of Behavioral Medicine	2018 - Present
American College of Sports Medicine	2017 - Present
Southeast Chapter of American College of Sports Medicine	2014 - 2018; 2022 - Present
Yoga Alliance	2017 - 2020

**HONORS AND AWARDS**

Monica Baskin Diversity Institute for Emerging Leaders	2024-2025
Society of Behavioral Medicine Peer Reviewer Academy	2024-2025
UWG ORSP Grant Writing Workshop	2022
GSU Kinesiology & Health Outstanding Dissertation Award	2021
GSU Kinesiology & Health Outstanding Doctoral Student Award	2020
GSU Kinesiology & Health Outstanding Masters Student Award	2014

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## CERTIFICATIONS

National Board-Certified Health and Wellness Coach	2023 - Present
Wellcoaches Certified Health Coach	2022 - Present
American Red Cross CPR & First Aid	2020 - Present
200-hour Registered Yoga Teacher	2017 - Present
OhBaby Fitness Prenatal and Postpartum Training Certificate	2017 - Present
ACSM Certified Exercise Physiologist	2014 - Present

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## INVITED PEER-REVIEWER

Preventing Chronic Disease (n = 1, 2023)  
 BMC Sport Science, Medicine and Rehabilitation (n = 2, 2021)  
 Journal of Applied Gerontology (n = 1, 2020; n = 2, 2021; n = 2, 2022; n = 3, 2023)  
 Translational Behavioral Medicine (n = 1, 2021)

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## SERVICE

### Professional

Society of Behavioral Medicine

Annual Meeting Abstract Reviewer (2023)

Physical Activity Session Leader (2021, 2023)

Southeast American College of Sports Medicine

Session Chair (2024)

Annual Meeting Abstract Reviewer (2021-2023)

Atlanta Bicycle Coalition

Atlanta Streets Alive Data Team Volunteer (2018 -2019)

Atlanta Beltline Partnership

Volunteer Fitness Instructor (2017)

### Institutional Service

University

School of Mental Health and Wellness Steering Group (2023 – present)

University of West Georgia, Athletic Appeals Hearing Panel (2023-present)

Alternate Member

University of West Georgia, Disciplinary Appeals Committee (2021 – 2023)

College

College of Education Faculty Governance

Secretary (2023 - present)

Committee Member (2022 - 2023)

Department

Masters of Integrative Health and Wellness, Program Coordinator (2022 – 2023)

Curriculum, Instruction, and Assessment (2022 - 2023)

Scholarship Committee (Spring 2022)

Faculty Search Committee (Spring 2022)

Desire2Move, *Team Captain* (Spring 2021; Spring 2022)