

SARAH M. ESPINOZA, PHD



EDUCATION

University of Minnesota Minneapolis, MN
Postdoctoral Fellowship (T-32) 2020 – 2022
Division of General Pediatrics and Adolescent Health
Department of Pediatrics
Mentors: Drs. Iris W. Borowsky, Marla E. Eisenberg, & Daheia J. Barr-Anderson

University of Minnesota Minneapolis, MN
Ph.D., Kinesiology (Sport & Exercise Psychology) 2016 – 2020
Advisors: Drs. Diane M. Wiese-Bjornstal, Daheia J. Barr-Anderson, Beth Lewis,
& Stephanie Carlson

University of North Carolina at Greensboro Greensboro, NC
M.S., Kinesiology (Sport & Exercise Psychology) 2014 – 2016
Mentors: Drs. Diane L. Gill, Jennifer L. Etnier, & Laurie Wideman

University of Florida Gainesville, FL
B.S., History, *cum laude* 2011 – 2014
Minor: Education

ACADEMIC APPOINTMENTS

University of Minnesota Minneapolis, MN
Assistant Professor, Department of Pediatrics 2022 – Present

University of North Carolina at Chapel Hill Chapel Hill, NC
Adjunct Lecturer, Department of Exercise and Sport Science 2021

RESEARCH & TEACHING INTERESTS

- Sport
- Children and Adolescents
- Health Equity
- Community Programs
- Physical Activity
- Psychosocial Development
- Behavioral Interventions
- Interdisciplinary Science

GRANTS & FELLOWSHIPS

1. **Award: Child Health Collaborative Grant**
Project Investigators: **Espinoza, Sarah M.** (Co-Principal), & Miller, Kathleen (Co-Principal)
Status: Awarded
Award Dates: 2023 – 2025

GRANTS & FELLOWSHIPS (CONTINUED)

Sponsoring Organization: University of Minnesota Clinical and Translational Science Institute (UMN CTSI), Children's Minnesota, and UMN Department of Pediatrics

Institution: University of Minnesota

Funded Amount for Entire Grant Period or Proposed Grant Period: \$89,991.00

Project: A Synergistic Solution: Piloting a Physical Activity-Based Positive Youth Development Program to Support Transgender and Gender Diverse Adolescents' Mental Health

Funded Percent Effort: 5%

2. **Award: Trans Inclusion in Sports Small Grants Program**

Principal Investigator: **Espinoza, Sarah M.**

Status: Awarded

Award Dates: 2022 – 2023

Sponsoring Organization: University of California Los Angeles

Funded Amount for Entire Grant Period or Proposed Grant Period: \$4,800.00

Project: Closing the (Research) Gaps: Understanding Team Sport Participation, Physical Activity, and Mental Health Among Transgender and Gender Diverse Adolescents

3. **Award: Use of a Pyramid Mentoring Model to Integrate Social Emotional Learning into Physical Activity Afterschool Programming for Secondary School Students**

Project Investigators: Sieving, Renee E. (Principal), **Espinoza, Sarah M.** (Co-Investigator), McMorris, Barbara J. (Co-Investigator), Arlinghaus, Katherine (Co-Investigator), & Sherwood, Nancy E. (Co-Investigator)

Status: Awarded

Award Dates: October 2021 – October 2023

Sponsoring Organization: Centers for Disease Control and Prevention

Funded Amount for Entire Grant Period or Proposed Grant Period: \$799,999.00

Sarah Espinoza's involvement ended in July 2022 due to her transition to a faculty role.

4. **Award: Renewal of Targeted RFA for Innovations to Advance Health Equity and Accessibility**

Project Investigators: Espinoza, Sarah M. (Principal), Miller, Kathleen K. (Co-Investigator), & Hooper, Laura (Co-Investigator)

Status: Awarded

Award Dates: 2023 – 2025

Sponsoring Organization: Clinical and Translational Science Institute, Office of Discovery and Translation

Institution: University of Minnesota

Funded Amount for Entire Grant Period or Proposed Grant Period: \$71,600.00

Project: Move and Thrive: Addressing Teen Health Inequities Through an Online Physical Activity Platform (Renewal)

GRANTS & FELLOWSHIPS (CONTINUED)

5. **Award: Fit and Fabulous: A Strengths-Based Examination of Cardiorespiratory Fitness and Physical Activity Among Young Adults in the EAT 2010–2018 Cohort**
Project Investigators: **Espinoza, Sarah M.** (Co-Principal), Kramer-Kostecka, Eydie (Co-Principal), Barr-Anderson, Daheia J. (Co-Investigator), & Hooper, Laura (Co-Investigator)
Status: Awarded
Award Dates: 2021 – 2022
Sponsoring Organization: University of Minnesota Project EAT (Eating and Activity Over Time)
Institution: University of Minnesota
Funded Amount for Entire Grant Period or Proposed Grant Period: \$30,000.00

6. **Award: Move and Thrive: Addressing Teen Health Inequities Through an Online Physical Activity Platform**
Project Investigators: Miller, Kathleen K. (Principal), **Espinoza, Sarah M.** (Co-Investigator), & Hooper, Laura (Co-Investigator)
Status: Closed
Award Dates: 2021 - 2022
Sponsoring Organization: University of Minnesota Clinical and Translational Science Institute (UMN CTSI)
Institution: University of Minnesota
Funded Amount for Entire Grant Period or Proposed Grant Period: \$50,000.00

7. **Award: What Teens Want: A Qualitative Exploration of Diverse Adolescents' Views of Online Physical Activity Resources**
Project Investigators: Espinoza, Sarah M. (Principal), & Hooper, Laura (Co-Investigator)
Status: Closed
Award Dates: 2021 – 2022
Sponsoring Organization: Joanna Simer Research Fellowship, Division of General Pediatrics and Adolescent Health
Institution: University of Minnesota
Funded Amount for Entire Grant Period or Proposed Grant Period: \$2,000.00

8. **Award: Supporting Adolescent Resilience: Creating an Online Platform to Promote Emotional and Physical Health in the Time of COVID**
Project Investigators: Miller, Kathleen K. (Principal), **Espinoza, Sarah M.** (Co-Investigator), & Hooper, Laura (Co-Investigator)
Status: Closed
Award Dates: 2020 – 2021
Sponsoring Organization: University of Minnesota Global Programs and Strategy Alliance
Institution: University of Minnesota
Funded Amount for Entire Grant Period or Proposed Grant Period: \$4,980.00

TEACHING EXPERIENCE

University of Minnesota

Minneapolis, MN

Lead Instructor, School of Kinesiology

2019 – 2021

- Developed and delivered upper-level, writing intensive courses for undergraduate students, including Sport and Exercise Psychology; Research Methods in Kinesiology; and History and Philosophy of Sport

University of North Carolina at Chapel Hill

Chapel Hill, NC

Adjunct Lecturer, Department of Exercise and Sport Science

2021

- Designed and led undergraduate section of Sport and Exercise Psychology

PEER-REVIEWED PUBLICATIONS

1. **Espinoza, S. M.**, Adams, K. T., Muentner, L., & Schlafer, R. J. (2023). The interplay between physical activity and psychological, social, and perceived health in juvenile corrections facilities. *Corrections: Policy, Practice and Research*, 1-15.
2. **Espinoza, S. M.**, Martin, C. L., Eisenberg, M. E., Borowsky, I. W., McMorris, B. J., & Hooper, L. (2023). Internal and social assets, weight-based bullying, sport, and activity among female adolescents. *Women in Sport and Physical Activity Journal*, 31(2), 82-91.
3. Martin, C. L., McMorris, B. J., Eisenberg, M. E., Sieving, R. E., Porta, C., M., Mathiason, M. A., . . . & Fulkerson, J. A. (2023). Weight status among Minnesota Hispanic or Latino/a youth: An exploration of protective factors. *American Journal of Health Promotion*, 37(2), 177-188.
4. **Espinoza, S. M.**, Borowsky, I. W., Eisenberg, M. E., Martin, C. L., & McMorris, B. J. (2022). School matters: Physical activity and school-related factors among adolescent Latinas. *Journal of Latinos and Education*, 0(0), 1-12.
5. Lamb, B. A., Lee, K., **Espinoza, S. M.**, & McMorris, B. J. (2022). The power of connectedness: Associations between caring non-parental adult relationships, school attendance, and discipline among foster-involved youth. *Children and Youth Services Review*, 142, 106633.
6. **Espinoza, S. M.**, Eisenberg, M. E., Levine, A., Borowsky, I. W., Barr-Anderson, D. J., Wall, M. M., & Neumark-Sztainer, D. (2022). Following insufficiently active adolescents: What predicts whether they meet adult activity guidelines when they grow up? *Journal of Physical Activity & Health*, 20(1), 1-9.
7. **Espinoza, S. M.**, Brown, C., Gower, A. L., Eisenberg, M. E., McPherson, L. E., & Rider, G. N. (2022). Sport and physical activity among transgender, gender diverse, and questioning adolescents. *Journal of Adolescent Health*, 72(2), 303-306.
8. Killian, C. M., **Espinoza, S. M.**, Webster, C. A., Long, B., Urtel, M., Mays Woods, A., & D'Agostino, E. M. (2022). Flipping the script: an initial exploration of flipped learning as

PEER-REVIEWED PUBLICATIONS (CONTINUED)

an enhanced alternative to traditional physical education lessons. *International Journal of Environmental Research and Public Health*, 19(22), 15188.

9. Weiss, M. R., Kipp, L. E., Phillips Reichter, A., **Espinoza, S. M.**, & Bolter, N. D. (2019). Girls on the Run: Impact of a physical activity youth development program on psychosocial and behavioral outcomes. *Pediatric Exercise Science*, 31(3), 330-340.

MANUSCRIPTS UNDER REVIEW

1. **Espinoza, S. M.**, Lawrence, S. L., Simon, K., Wright, M. N., & Eisenberg, M. Who plays and who doesn't? A quantitative, intersectional examination of disparities in sport and physical activity lesson participation. *Journal of Adolescent Health*. [Submitted September 2023.]
2. **Espinoza, S. M.**, Miller, K. K., & Hooper, L. What do teens want in a workout? Adolescents' perceptions of online fitness videos. *Journal of Physical Activity and Health*. [Submitted September 2023.]
3. **Espinoza, S. M.**, & McGuire, J. K. Persistence of gender-related disparities in sport and physical activity from 2016-2019. *Journal of Adolescent Health*. [Submitted September 2023.]
4. Kramer-Kostecka, E. N., **Espinoza, S. M.**, Harris, V., Quinlivan, C., Treacy, J., Hooper, L., Barr-Anderson, D. J., & Neumark-Sztainer, D. Conducting community-partnered cardiorespiratory fitness assessments with young adults underrepresented in physical activity research: Lessons learned. *Progress in Community Health Partnerships*. [Submitted August 2023.]
5. Kramer-Kostecka, E. N., **Espinoza, S. M.**, de Brito, J. N., Barr-Anderson, D. J., Slaughter-Acey, J. C., & Neumark-Sztainer, D. Park acreage and physical activity among racially, ethnically and socioeconomically diverse adolescents living in U.S. green cities: Conceptualizing urban park oasis and centering equity. *Landscape and Urban Planning*. [Submitted August 2023.]
6. So, M., **Espinoza, S. M.**, Brar, P., McRee, A. L., Mehus, C., Woodlee, C., Gewirtz O'Brien, J. "If it wasn't for them, I would have gave up": Protective factors among pregnant and parenting youth experiencing homelessness. *Journal of Adolescent Research*. [Submitted Summer 2023.]

BOOK CHAPTER

Weiss, M. R., Kipp, L. E., & **Espinoza, S. M.** (2019). Motivational processes in youth sport and physical activity. In R. M Ryan (ed.), *Oxford handbook of human motivation* (2nd ed.). Oxford: Oxford University Press.

INVITED PRESENTATIONS

1. **Espinoza, S. M.**, Hooper, L., Miller, K. "Move and Thrive: The Pediatrician's Role in

INVITED PRESENTATIONS (CONTINUED)

Supporting Physical Activity," Pediatric Grand Rounds University of Minnesota Medical School, Minneapolis, Minnesota. (February 8, 2023).

2. **Espinoza, S. M.**, & Hooper, L. "Strategies for Supporting Physical Activity among Youth and the Young at Heart," The Wellbeing Series (Virtual), University of Minnesota Bakken Center for Spirituality and Healing. (December 2021).
3. **Espinoza, S. M.**, Miller, K. "Helping Youth Move and Thrive: Inclusive Physical Activity Promotion for Children and Adolescents," Grand Rounds (Virtual), Children's Hospitals and Clinics of Minnesota. (August 2021).

PRESENTATIONS AT NATIONAL AND INTERNATIONAL CONFERENCES

1. Adams, K. T., **Espinoza, S. M.**, Muentner, L., & Schlafer, R. J. "Physical Activity's Associations with Psychosocial and Perceived Health Among Youth in Minnesota's Juvenile Corrections Facilities," American College of Sports Medicine (ACSM) Annual Meeting, Denver, Colorado. (June 1, 2023).
2. Kramer-Kostecka, E. N., **Espinoza, S. M.**, Hooper, L., Barr-Anderson, D. J., & Neumark-Sztainer, D. "Fit and Fabulous: Shifting the Focus from Weight to Physical Activity to Promote Cardiorespiratory Fitness among Diverse Young Adults in the United States," Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA), Uppsala, Sweden. (June 17, 2023).
3. **Espinoza, S. M.**, Hooper, L., & Miller, K. K. "'A lot of people that make online workout videos just make workouts for people like them': Improving Representation and Tailoring Online Activity Videos for Adolescents through Move and Thrive," Pediatric Academic Societies (PAS) Annual Meeting, Washington, D.C. (April 29, 2023).
4. Martin, C. L., Cespedes, Y., Sieving, R. E., Mathiason, M., McMorris, B. J., Eisenberg, M. E., **Espinoza, S. M.**, & Fulkerson, J. A. "Overweight/Obesity among Minnesota Latinx Youth: Exploring Family Caring and Country of Origin," American Public Health Association Annual Meeting APHA, Denver, Colorado. (October 2021).
5. Weiss, M. R., Kipp, L. E., Phillips, A. C., **Espinoza, S. M.**, Moehnke, H. J., & Bolter, N. D. "'What...so what?' Girls on the Run—A Longitudinal Evaluation of Program Impact," North American Society for the Study of Sport and Physical Activity (NASPSA) Annual Conference, Denver, Colorado. (June 21, 2018).

PRESENTATIONS AT REGIONAL AND LOCAL CONFERENCES

1. Brown, C., & **Espinoza, S. M.** "Associations Between Sport Participation and Resilience Factors Among Minnesota's Transgender and Gender Diverse Secondary School Students," Annual Meeting of the Midwest Nursing Research Society, Des Moines, Iowa. (March 2023).
2. **Espinoza, S. M. (Moderator)**, Bellin, M. D., (Panelist), Fulkerson, J. A., (Panelist), &

PRESENTATIONS AT REGIONAL AND LOCAL CONFERENCES (CONTINUED)

- Fiecas, M., (Panelist). "Team Science Panel," CTSI K Scholar Seminar Series, University of Minnesota CTSI, Minneapolis, Minnesota. (January 25, 2023).
3. **Espinoza, S. M.**, Martin, C. L., Eisenberg, M. E., Borowsky, I. W., McMorris, B. J., & Hooper, L. "Changing Tracks: Examining Developmental Assets, Sport and Physical Activity, and Weight Teasing among Female Adolescents with High Weight Status," University of Minnesota Division of General Pediatrics and Adolescent Health (DOGPAH) Research Day, Minneapolis, Minnesota. (August 2022).
 4. **Espinoza, S. M.**, Hooper, L., & Miller, K. K. "Move and Thrive: Addressing Teen Physical Activity Inequities Through an Online Platform," Social Justice Through Sport and Exercise Psychology Symposium (SJSEP; Virtual). (April 1, 2022).
 5. **Espinoza, S. M.**, Borowsky, I. W., Eisenberg, M. E., Martin, C. L., & McMorris, B. J. "School Matters: Physical Activity and School-Related Factors among Adolescent Latinas," Association for Applied Sport Psychology Diversity in Sport Regional Conference (AASP DISC; Virtual). (March 2021).
 6. **Espinoza, S. M.** "If You Build it, They Will Come. Then What?: Physical Activity-Based Positive Youth Development Programs," University of Minnesota Division of General Pediatrics and Adolescent Health (DOGPAH) Friday Forum (Virtual).
 7. **Espinoza, S. M.**, Borowsky, I. W., Eisenberg, M. E., Martin, C. L., & McMorris, B. J. "School Matters: Physical Activity and School-Related Factors among Adolescent Latinas," Association for Applied Sport Psychology Diversity in Sport Regional Conference (AASP DISC; Virtual). (March 2021).
 8. **Espinoza, S. M.** "Physical Activity, Kinesiology, and Adolescent Health Equity," University of Minnesota Division of General Pediatrics and Adolescent Health (DOGPAH) Friday Forum (Virtual). (February 2021).
 9. **Espinoza, S. M.**, & Weiss, M. R. "Promoting Virtue or Inciting Vigilantism? A Developmental Exploration of Self-Officiated Sport," Association for Applied Sport Psychology Southeast (AASP SE) Regional Conference, Tallahassee, Florida. (February 2018).

POSTER PRESENTATIONS

1. Kramer-Kostecka, E. N., **Espinoza, S. M.**, Hooper, L., Barr-Anderson, D. J., & Neumark-Sztainer, D. "Fit and Fabulous: Using Community-Based and Novel Methods to Assess Cardiorespiratory Fitness and Physical Activity Among American Emerging Adults who are Underrepresented in Behavioral PA Research," Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA), Uppsala, Sweden. (June 16, 2023).

POSTER PRESENTATIONS (CONTINUED)

2. Kramer-Kostecka, E. N., **Espinoza, S. M.**, de Brito, J. N., Barr-Anderson, D. J., Slaughter-Acey, J. C., & Neumark-Sztainer, D. “Conceptualizing an Urban Park Oasis: Park Access, Acreage and Equity among Diverse Adolescents Living in Metropolitan Green Cities,” EPI | Lifestyle Scientific Sessions, American Heart Association, Boston, Massachusetts. (February 28, 2023).
3. **Espinoza, S. M.**, Eisenberg, M. E., Levine, A., Borowsky, I. W., Barr-Anderson, D. J., & Neumark-Sztainer, D. “Insufficiently Active Adolescents Can and Do Become Adults Who Meet Physical Activity Guidelines,” Pediatric Research, Education, and Scholarship Symposium (PRESS; Virtual) University of Minnesota School of Medicine. (April 1, 2022).
4. **Espinoza, S. M.**, Borowsky, I. W., Eisenberg, M. E., Martin, C. L., & McMorris, B. J. “School Matters: Physical Activity and School-Related Factors among Adolescent Latinas,” Pediatric Research, Education, and Scholarship Symposium (PRESS; Virtual) University of Minnesota School of Medicine. (April 23, 2021).
5. Lamb, B. A., Lee, K., **Espinoza, S. M.**, & McMorris, B. J. “The Power of Connectedness: Associations Between Non-Parental Adult Relationships, School Attendance, and Discipline among Foster-Involved Youth,” Pediatric Research, Education, and Scholarship Symposium (PRESS; Virtual) University of Minnesota School of Medicine. (April 23, 2021).

HONORS & AWARDS

Early Career Research Award <i>75% salary support and protected time for research; \$500,000 research funding</i> Clinical and Translational Science Institute and Medical School University of Minnesota	2022 – 2025
Honorable Mention Academic Medicine’s Call for Letters to the Editor from Trainees	2021
First Place Poster Presentation for Pediatric Postdoctoral Fellows University of Minnesota Pediatric Research, Education, and Scholarship Symposium	2021
Dorothy McNeill Tucker Scholarship Tucker Center for Research on Girls & Women in Sport, University of Minnesota	2019
Edith Mueller Endowed Fund for Graduate Education Tucker Center for Research on Girls & Women in Sport, University of Minnesota	2018
Hauge Graduate Fellowship College of Education & Human Development, University of Minnesota	2017

HONORS & AWARDS (CONTINUED)

Mary Channing Coleman Scholarship 2016
Department of Kinesiology, University of North Carolina at Greensboro

Student Diversity Travel Grant 2015
Association for Applied Sport Psychology

PROFESSIONAL DEVELOPMENT

NIH Proposal Preparation Program September 2023 – Present
Office of Faculty Affairs
University of Minnesota Medical School
(10) 2-hour, interactive sessions drafting and critiquing NIH proposals

Pre-K Discovery Scholars Program 2022 – Present
Clinical and Translational Science Institute
University of Minnesota
Weekly seminars and workshops in conducting and communicating translational science

Multilevel Modeling 2021
Stats Camp
Approximately 40 hours of intensive instruction

Mediation and Moderation 2021
Stats Camp
Approximately 40 hours of intensive instruction

Physical Activity & Public Health Research Course 2021
Arnold School of Public Health
University of South Carolina
Approximately 60 hours of intensive instruction

SERVICE TO THE DISCIPLINE/PROFESSION

Ad Hoc Reviewer: *Journal of Youth Development;* 2022 – Present
Health Education & Behavior; Transgender Health

Ad Hoc Reviewer: *Journal of Clinical Sport & Exercise Psychology* 2020 – Present

SERVICE TO THE UNIVERSITY OF MINNESOTA

Judge, School of Kinesiology Research Day December 2022

Organizer for First Fridays Works in Progress Sessions 2021 – 2022
Division of General Pediatrics and Adolescent Health

Fellow-Faculty Liaison, Division of General Pediatrics and Adolescent Health 2020 – 2021

SERVICE TO THE UNIVERSITY OF MINNESOTA (CONTINUED)

Student Representative 2019 – 2020
School of Kinesiology Assistant Professor Search Committee

Reviewer 2019
Council of Graduate Students Grant Review Committee

EXTERNAL SERVICE

Coach and Volunteer 2018 – Present
Girls on the Run of the Twin Cities
Minneapolis, Minnesota

Board Member 2021 – 2022
Girls on the Run of the Triangle
Raleigh-Durham-Chapel Hill, North Carolina

Subject Tutor in Kinesiology 2020 – 2021
Lindahl Academic Center, University of Minnesota
Minneapolis, Minnesota

Coach and Counselor 2018 – 2019
Competitive Ultimate Training Camps
Illinois, North Carolina, and Oregon