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CURRICULUM VITAE

Christine (Chrissy) Knoll, M.S.

*Department of Sport Management, Wellness, and Physical Education
College of Education
University of West Georgia
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PROFESSIONAL INFORMATION

WORK HISTORY

October 2023 – present

Assistant Department Chair

*Department of Sport Management, Wellness, and Physical Education
Health and Community Wellness (CMWL), B.S. and M.S.
University of West Georgia
Carrollton, GA*

Assist with undergraduate and graduate program academic advising; review graduate program applications and make admission decisions; support and mentor program faculty; review and analyze program assessment data; maintain student disposition standards; review and update curriculum, courses, and learning outcomes; build course schedules; develop and maintain partnerships to support student service-learning opportunities, field-based efforts, and certification affiliations; recruit and promote programs; update program websites; identify budget needs and efficient use of funds; represent program and department at events.

August 2012 – present

Instructor (2012-2020)/Lecturer (2021 – present)

*Department of Sport Management, Wellness, and Physical Education
College of Education
University of West Georgia
Carrollton, GA*

Teach undergraduate classes in the Sport Management, Health & Physical Education, and Health & Community Wellness degree programs; teach undergraduate classes in the Personal Wellness and Leisure Activities program. Serve on departmental, college, and university committees; contribute service for the university and the community to enhance exposure,

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partnerships, and mutually beneficial, collaborative efforts of the programs; engage in professional development and scholarly activities to enhance teaching quality.

Program Coordinator, Personal Wellness and Leisure Activities (August 2017 – July 2024)

Supported faculty; created schedule of class offerings each semester; coordinated teaching space and equipment among instructors, classes, and the facility; maintained equipment inventory (fitness and First Aid/CPR); communicated First Aid/CPR updates to instructors; applied for (and received) grants to fund new or updated technology; justified and coordinated use of course fee funds for maintenance or purchase of equipment; and promoted program offerings.

August 2016 – May 2023

Exercise is Medicine on Campus® Coordinator

Developed and implemented wellness initiatives on campus as part of the Exercise is Medicine on Campus® program; developed and maintained collaborations with University Recreation, Health Services, Counseling Services, and the Wolf Wellness Lab; designed and implemented process of referring students to the program; trained and supervised student assistants to implement programs and events; applied for (and received) grants to fund the continuation of the program; conducted research to evaluate the effectiveness of the program; ensured adherence of criteria to maintain Gold Level Recognition with the American College of Sports Medicine.

August 2012 – May 2016

Group Fitness Instructor, Personal Trainer, and Swim Coach (Independent Contractor)

Carrollton, GA

Taught group fitness and private exercise classes, specializing in TRX® Suspension Training, Bootcamp, and Endurance Racing modalities.

May 2003 – May 2008

Director of Recruitment and Executive Assistant to the General Agent

North Florida Financial Corporation

Tallahassee, FL

Office management, human resources, accounting, budgeting, marketing and new employee training for a financial planning office staffing over 100 local and commute employees.

August 2001 – May 2002

Facility Athletic Director, Hockey League Manager, and Hockey Camp Manager

Tallahassee Sportsplex

Tallahassee, FL

Registration, scheduling, staffing, and statistics for recreation hockey league practices and games. Managed game day logistics and general maintenance of the facility.

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August 1998 – May 2000

Group Fitness Instructor and Front Desk/Equipment Room Manager

University of Florida Student Recreation and Fitness Center

Gainesville, FL

Taught group fitness classes. Managed front desk customer service and equipment room inventory.

EDUCATION

2001-2003 Florida State University (Tallahassee, FL)

Master of Science: Physical Education, Specialization in Sports Management

1997-2000 University of Florida (Gainesville, FL)

Bachelor of Science: Accounting

CERTIFICATIONS/CREDENTIALS (current)

Personal Trainer, *National Council on Strength and Fitness*

Group Fitness Instructor, *American Council on Exercise*

Basic Life Saver CPR and AED Instructor, *American Heart Association*

Exercise is Medicine®, *American College of Sports Medicine*

Fitness Nutrition Specialist, *American Council on Exercise*

Swim Coach, *National Interscholastic Swim Coaches Association*

Lay Coach, *Georgia High School Association*

Specialty certificates: TRX® Suspension Training, Tabata Bootcamp™, Kids-N-Fitness©

RECOGNITION AND AWARDS

University of West Georgia, **Graduation Faculty Marshal** (Spring 2024)

ACSM Exercise is Medicine® **Gold Level University**, Program Coordinator (2016 – 2022)

University of West Georgia, College of Education, **Outstanding Service Award** (2018)

University of West Georgia, **Best of the West Nominee – Strategic Imperative** (2015)

GRANTS

Internal Grant

University of West Georgia, College of Education, Technology Fee Grant; Project Lead. **Awarded \$10,640.** (2022)

University of West Georgia, College of Education, Technology Fee Grant; Project Lead. **Awarded \$12,046.25.** (2021)

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University of West Georgia, College of Education, Technology Fee Grant; Project Lead. **Awarded \$8,836.25.** (2020)

University of West Georgia, College of Education, Technology Fee Grant; Project Lead. **Awarded \$24,633.25.** (2019)

University of West Georgia, College of Education, Technology Fee Grant; Project Co-lead. **Awarded \$8,640.** (2018)

External Grant

Exercise is Medicine on Campus Franklin Microgrant; Project Lead. Submitted, not awarded \$500. (2021)

TEACHING EXPERIENCE

University of West Georgia

CMWL 2100: Introduction to Health and Community Wellness (F23, Sp24, Su24, F24)

CMWL 3210: Healthy Eating and Nutrition (Su19, Su20)

CMWL 3230: Exercise Leadership (Sp17, Sp18, F18, Sp19, F19, Sp20, F20)

CMWL 4000: Exercise and Wellness Programming for Special Populations (Quality Matters Certified, 2021) (Su17, Sp18, Su18, F18, Sp19, Su19, F19, Sp20, Su20, F20, Sp21, Su21, F21, Sp22, Su22, F22, Sp23, Su23, F23, Sp24, Su24, F24)

PHED 2000: Applied Concepts of Fitness and Wellness (F22)

PHED 2605: Functional Anatomy (Su23)

PHED 2628: First Aid and CPR for Education Majors (Sp18, Su22, Sp23, F23, Sp24)

PHED 3501: Skills and Strategies of Strength and Conditioning (F24)

PHED 4603: Advanced Concepts of Personal Training (Sp16, Sp17, F17, Sp18, Su18, F18, Sp19, Su19, F19, Sp20, Su20, F20, Sp21, Su21, F21, Sp22, Su22, F22, Sp23, Su23, F23, Sp24, Su24, F24)

PWLA 1600: Personal Wellness (Su13, F13, F14, F15)

PWLA 1643: First Aid and CPR (Sp13, F13, Sp15, Sp16, Sp17, F17, Sp18, Su18, F20, Su21, Su22, F23, F24)

PWLA 1678: Strength and Conditioning (Sp13, F14, F16, F17, Sp18, Sp19)

PWLA 1697: Walk/Jog (F13, Sp15, F19)

PWLA 1679: Body Bootcamp (F12, Sp13, F13, S14, F14, Sp15, F15, F16, Sp17, F17)

PWLA 1698: Weight Training (Sp14, F14, Sp15, F15, Sp16, F16)

PWLA 1661: Outdoor Recreation (Sp13, F13, Sp14, F14, Sp15, Sp19, Sp20, Sp21)

SPMG 2600: Introduction to Sport Management (F15, Sp16, F16, F17)

SPMG 3664: Economics and Finance in Sport (F15, Sp16, F16, Sp17)

SPMG 4686: Sport Management Internship (Sp13, Su16, Sp17)

XIDS 2002: What Do You Know About: Being a Healthy Wolf - Physical Activity and Nutrition for Life (F19)

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PUBLICATIONS

REFEREED JOURNAL ARTICLES

⁵Biber, D.D., & **Knoll, C.** (2023). An Analysis of an Exercise is Medicine on Campus[®] Program: A Case Report. *American Journal of Lifestyle Medicine*. 17(4), 479-484.
DOI:10.1177/15598276231165491.

⁴Biber, D.D., & **Knoll, C.** (2022). An Analysis of an Exercise is Medicine on Campus[®] Program. *Journal of Physical Activity & Health*. (Submitted for peer review).

³Biber, D. D., & **Knoll, C.** (2020). Exercise Is Medicine on Campus[®]: A Pilot Study. *Recreational Sports Journal*, 44(2), 149–157.

²Biber, D. D., Brandenburg, G., **Knoll, C.**, McBurse, S., Merrem, A., & Stewart, B. (2018). The Wolf Wellness Lab: A Model for Community Health and Wellness Promotion. *Georgia Association for Health, Physical Education, Recreation and Dance*, 50(2), 4-11.

¹**Knoll, C.** (2016). Promoting Health and Physical Activity among College Students. *Georgia Association for Health, Physical Education, Recreation and Dance*, 48(1), 17-19.

PROFESSIONAL PRESENTATIONS AND WORKSHOPS

PEER-REVIEWED

⁷Biber, D.D., & **Knoll, C.** (2020, February 15). *Exercise is Medicine on Campus: A Pilot Study* [Poster presentation]. SEACSM 2020 Annual Conference, Jacksonville, FL, United States.

⁶Biber, D.D., **Knoll, C.**, and Stewart, B. (2019, October). *Preparing Future Wellness Professionals: Implementing University Worksite Wellness Through Student Experiential Learning*. Presented at the National Wellness Institute Annual Conference, Orlando, FL – Refereed Oral Presentation.

⁵**Knoll, C.** (2018, February). *Sit Less, Move More*. Presented at the Meaningful Living and Learning in a Digital World Conference, Savannah, GA – Refereed Oral Presentation

⁴**Knoll, C.** (2017, October). *Nutrition Activities for a PE or Health Classroom*. Presented at the Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD) Annual Convention, Athens, GA – Refereed Oral Presentation.

³**Knoll, C.** (2017, January). *Promoting University Wellness through Campus and Community Partnerships*. Presented at the Southern District SHAPE America Annual Conference, Baton Rouge, LA – Refereed Oral Presentation.

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²Johnson, J.T., **Knoll, C.**, & Morris, D. (2015, October). *CPR Recertification*. Presented at the Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD) Annual Convention, Marietta, GA – Refereed Oral Presentation and Certification.

¹Johnson, C. & **Knoll, C.** (2015, October). *Getting Outside the Classroom in Higher Ed*. Presented at the Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD) Annual Convention, Marietta, GA – Refereed Oral Presentation.

WORKSHOP PRESENTATIONS

²⁰**Knoll, C.** (2024, September). *Physical Activity and Nutrition for Maintaining Muscle and Bone Mass*. Presented for Rouse Foundation, Cardiac Support Group, Carrollton, GA – Virtual Presentation.

¹⁹**Knoll, C.** (2024, July). *Nutrition Essentials for Teens: Guidance for Secondary Health and PE Educators*. Fayette County School System, Health and Physical Education Professional Learning Day, Fayetteville, GA – Oral Presentation.

¹⁸**Knoll, C.** (2024, July). *Empowering Adolescents: Strategies for Effective Exercise Training in Secondary PE*. Fayette County School System, Health and Physical Education Professional Learning Day, Fayetteville, GA – Oral Presentation.

¹⁷**Knoll, C.** (2024, July). *Building Healthy Habits: Integrating Wellness Concepts into Secondary Health Education*. Fayette County School System, Health and Physical Education Professional Learning Day, Fayetteville, GA – Oral Presentation.

¹⁶**Knoll, C.** (2024, July). *Strength and Conditioning: A systematic approach to participant self-empowerment*. Cobb County School System, Health and Physical Education Professional Learning Day, Marietta, GA – Oral Presentation.

¹⁵**Knoll, C.** (2024, March). *Weight Training: Assessments and Modifications*. Presented for UWG Health and Physical Education Workshop, Carrollton, GA – Oral Presentation.

¹⁴**Knoll, C.** (2024, January). *Strategies for Promoting Self-efficacy in Personal Fitness for Elementary, Middle, and High School Physical Education*. Presented for Henry County School System Health and Physical Education Professional Learning Day, Stockbridge, GA – Oral Presentation.

¹³**Knoll, C.** (2023, January). *Weight Training: The Importance of Safety*. Presented for Learning Engagement Institute, Cobb County School System, Health and Physical Education Professional Learning Day, Kennesaw, GA – Oral Presentation.

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¹²**Knoll, C.** (2022, July). *Weight Training with West Georgia*. Presented for Rockdale County School System Secondary Education Professional Learning Day, Conyers, GA – Oral Presentation.

¹¹**Knoll, C.** (2021, November). *Strength and Conditioning in Secondary Physical Education and Sport*. Presented for the NYC BOCES/PE Central Professional Development Workshop, Long Island, NY – Oral Presentation.

¹⁰**Knoll, C.** (2021, October). *Exercise is Medicine on Campus: Virtual Series*. Presented for the University of West Georgia Wolf Wellness Lab, Carrollton, GA – Oral Presentation.

⁹**Knoll, C.** (2021, March). *Exercise and Diabetes*. Presented for the Lions Club District 18L Diabetes Symposium, Carrollton, GA – Oral Presentation.

⁸**Knoll, C.** (2020, October). *Exercise is Medicine on Campus: Virtual Series*. Presented for the University of West Georgia Wolf Wellness Lab, Carrollton, GA – Oral Presentation.

⁷**Knoll, C.** (2020, July). *Wellness for Life: The Mental Benefits of Physical Activity for Teachers and Students*. Presented for the University of West Georgia Center for Economic Education Virtual Teacher Institute, Carrollton, GA – Oral Presentation.

⁶**Knoll, C.** (2019, November). *Nutrition for Mental Health*. Presented for the University of West Georgia College of Science and Mathematics Staff Wellness Retreat, Carrollton, GA – Oral Presentation.

⁵**Knoll, C.** (2019, August). *Nutrition Activities for a PE or Health Classroom*. Presented for Fulton County K-12 Physical Education Teachers' Professional Development Workshop, Fairburn, GA and Atlanta, GA – Oral Presentation.

⁴**Knoll, C.** (2018, June). *Sit Less, Move More*. Presented at Greystone Power, Douglasville, GA – Oral Presentation

³**Knoll, C.** (2018, January). *Sit Less, Move More*. Presented at the University of West Georgia Wellness Lab Lunch-N-Learn Spring Workshop Series, Carrollton, GA – Oral Presentation

²**Knoll, C.** (2017, March). *Nutrition Activities for a PE or Health Classroom*. Presented for Fayette County K-12 Physical Education Teachers' Professional Development Workshop, Peachtree City, GA – Oral Presentation.

¹Heidorn, B. & **Knoll, C.** (2017, January). *Weight Training*. Presented for Fayette County K-12 Physical Education Teachers' Professional Development Workshop, Peachtree City, GA – Oral Presentation.

SERVICE

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State

University System of Georgia Physical Activity Task Force (2019)

University of West Georgia

Faculty Senate, College of Education Representative (2024-present)

College of Education Search Committee Member – Coordinator of Strategic Initiatives and Marketing (2024)

College of Education, Undergraduate Education Committee (2024)

University Institute for Faculty Excellence Mentor Program (2022-2023)

ACSM *Exercise is Medicine on Campus*® Leadership Team (2016-2023)

Faculty Senate Committee – Student Affairs and Intercollegiate Athletics (2022-2023)

College of Education FDMR T&P Panel Presenter (2021 & 2023)

College of Education Scholarship Review Committee (2019 & 2023)

Department Search Committee Member – SPMG Clinical Assistant Professor (2022)

Department Health and Wellness Team Co-chair (2017-2022)

University Wellness Committee (2017-2022)

University Bike Trails Committee Member (2021)

Center for Integrative Wellness Search Committee Member – Coordinator (2021)

Wolf Wellness Lab Committee Co-chair (2018 – 2021)

University Sustainability Council and Earth Week Leader (2015-2020)

College of Education Faculty Development, Mentoring, and Retention Committee (2016-2019)

College of Education Award Selection (Service) Committee (2019)

Department Chair 3rd Year Review Committee (2019)

Department Student Fee Budget Committee (2019 - 2023)

Department Search Committee Member – CMWL Tenure Track (2018)

Department Search Committee Member – CMWL Instructor (2018)

University Presidential 5K Planning Committee Member (2015-2016)

Wolf Wellness Advisory Council (2015)

Department Search Committee Member – Health and Physical Education Instructor (2015)

University Search Committee Member – Assistant Director of Fitness and Wellness (2015)

University Search Committee Member – Coordinator of Outdoor Recreation (2015)

Community

Central Middle and High School Swim Community Coach, Carrollton, GA (2021-2024)

PGA Tour Championship Fan Shop, East Lake, GA (2023-2024)

Bluefins Swimming Volunteer, Carrollton, GA (2019-2023)

Central Elementary, Middle, and High School Volunteer, Carrollton, GA (2017-present)

Kids-N-Fitness/Tanner Medical Lead Instructor, Carrollton, GA (2017-2018)

Carroll County Recreation and Carrollton City Recreation Volunteer Coach (soccer, baseball, cheerleading), Carrollton, GA (2010-2018)

Run for the Refuge House 5K/10K/Fun Run Race Director, Tallahassee, FL (2003-2004)

Gulf Winds Track and Triathlon Club Volunteer Coach, Tallahassee, FL (2001-2008)