

Updated: January 2024

## CURRICULUM VITAE

**Christine (Chrissy) Knoll, M.S.**

*Department of Sport Management, Wellness, and Physical Education  
College of Education  
University of West Georgia  
1601 Maple Street  
Coliseum 2039  
Carrollton, GA 30118  
678-839-2241  
[cknoll@westga.edu](mailto:cknoll@westga.edu)*

## 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*

Responsibilities: Assist with undergraduate and graduate program academic advising; review graduate program applications; support and mentor program faculty; review and analyze assessment data and key assessments; 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*

Responsibilities: 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

Updated: January 2024

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

**Program Coordinator, Health and Community Wellness (August 2023 – present)**

Responsibilities: Support faculty; create schedule of class offerings each semester; curriculum assessment and updates; organize and lead monthly meetings; manage student dispositions; recruit and advise students; market program; develop and maintain partnerships for articulation agreements and experiential learning opportunities.

**Program Coordinator, Personal Wellness and Leisure Activities (August 2017 – present)**

Responsibilities: Support faculty; create schedule of class offerings each semester; coordinate teaching space and equipment among instructors, classes, and the facility; maintain equipment inventory (fitness and First Aid/CPR); communicate First Aid/CPR updates to instructors; apply for (and receive) grants to fund new or updated technology; justify and coordinate use of course fee funds for maintenance or purchase of equipment; and promote program offerings.

**August 2016 – May 2023**

**Exercise is Medicine on Campus® Coordinator**

Responsibilities: 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*

Responsibilities: 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*

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

Updated: January 2024

**August 2001 – May 2002**

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

*Tallahassee Sportsplex*

*Tallahassee, FL*

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

**August 1998 – May 2000**

**Group Fitness Instructor and Front Desk/Equipment Room Manager**

*University of Florida Student Recreation and Fitness Center*

*Gainesville, FL*

Responsibilities: 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**

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)

Updated: January 2024

## **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)

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)

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)

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 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)

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)

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)

Updated: January 2024

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)

## **PUBLICATIONS**

### ***REFEREED JOURNAL ARTICLES***

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

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

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

<sup>2</sup>Biber, 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.

<sup>1</sup>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***

<sup>6</sup>Knoll, C., Biber, D., 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.

<sup>5</sup>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

<sup>4</sup>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.

Updated: January 2024

<sup>3</sup>**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.

<sup>2</sup>Johnson, 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.

<sup>1</sup>Johnson, 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**

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

<sup>13</sup>**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.

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

<sup>11</sup>**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.

<sup>10</sup>**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.

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

<sup>8</sup>**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.

<sup>7</sup>**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.

Updated: January 2024

<sup>6</sup>**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.

<sup>5</sup>**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.

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

<sup>3</sup>**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

<sup>2</sup>**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.

<sup>1</sup>**Heidorn, 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**

### **State**

University System of Georgia Physical Activity Task Force (2019)

### **University of West Georgia**

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

ACSM *Exercise is Medicine on Campus*<sup>®</sup> 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 3<sup>rd</sup> Year Review Committee (2019)

Department Student Fee Budget Committee (2019 - present)

Updated: January 2024

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)

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)