

CURRICULUM VITAE

Christine (Chrissy) Knoll, MS, CPT

cknoll@westga.edu

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

HIGHER EDUCATION WORK EXPERIENCE

University of West Georgia

College of Education

Department of Sport Management, Wellness, and Physical Education

Carrollton, GA

Assistant Department Chair (October 2023-present)

Health and Community Wellness (CMWL), B.S. and M.S.

- Provide academic leadership and support, including curriculum development, program assessment, academic advising, graduate admissions, and faculty onboarding and mentoring
- Complete administrative duties, including course scheduling, budget management, and ensuring compliance with university policies and accreditation standards.
- Develop and maintain internal and external collaborations and partnerships to support student success, field-based experiential opportunities, and certification affiliations
- Represent department at university initiatives and through recruitment and promotion efforts

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

- Teach undergraduate classes in Sport Management, Health & Physical Education, Health & Community Wellness, and Personal Wellness and Leisure Activities programs
- Engage in professional development and scholarly activities to enhance teaching quality and contribution to the field
- Actively participate on departmental, college, and university committees
- Contribute service to the university and community to enhance exposure, partnerships, and mutually beneficial, collaborative efforts of the programs

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- Enhance student success through engagement and enrichment in and out of the classroom

Program Coordinator, Personal Wellness and Leisure Activities (2017 – 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
- Obtained grants to fund new or updated technology
- Justified and coordinated use of course fee funds for maintenance or purchase of equipment
- Promoted program offerings

Exercise is Medicine on Campus® Coordinator (2016 – 2023)

- 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
- Obtained grants to fund the continuation of the program
- Conducted and published research evaluating the effectiveness of the program
- Ensured adherence of criteria to maintain Gold Level Recognition with the American College of Sports Medicine

FIELD EXPERIENCE

Group Fitness Instructor, Personal Trainer, and Swim Coach (Independent Contractor) (2012 – 2024)

Carrollton, GA

- Design and implement exercise programs for group fitness, personal training, and sport specific training

Director of Recruitment and Executive Assistant to the General Agent (2003-2008)

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

Facility Athletic Director, Hockey League Manager, and Hockey Camp Manager (2001-2002)

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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

Group Fitness Instructor and Front Desk/Equipment Room Manager (1998-2000)

University of Florida Student Recreation and Fitness Center

Gainesville, FL

- Led group fitness classes
- Managed front desk customer service and equipment room inventory

CERTIFICATIONS/CREDENTIALS

Personal Trainer, *National Council on Strength and Fitness*

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*

Mental Health First Aid, *National Council for Mental Wellbeing*

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

Suicide Prevention Gatekeeper

TEACHING PORTFOLIO

University of West Georgia

CMWL 2100: Introduction to Health and Community Wellness (F23, Sp24, Su24, F24, Sp25)

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

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

CMWL 3240: Current Issues and Trends in Fitness and Wellness Leadership (Sp25)

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, Sp25)

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

PHED 2605: Functional Anatomy (Su23, Sp25)

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,

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Su19, F19, Sp20, Su20, F20, Sp21, Su21, F21, Sp22, Su22, F22, Sp23, Su23, F23, Sp24, Su24, F24, Sp25)

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, Sp25)

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)

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

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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.

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.

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

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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.

GRANTS

Internal Grants

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)

SERVICE

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State

University System of Georgia Physical Activity Task Force (2019)

University of West Georgia

Department Search Committee Member – CMWL Tenure Track (2025)

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 Success Committee (2024-present)

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)

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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)