

CURRICULUM VITAE

Christine Knoll

University of West Georgia
Department of Sport Management, Wellness, and Physical Education
1601 Maple Street
Coliseum 2039
Carrollton, GA 30118
678-839-2241
cknoll@westga.edu

PROFESSIONAL INFORMATION

WORK HISTORY

August 2012 – present

Instructor and PWLA Program Coordinator

Department of Sport Management, Wellness, and Physical 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 and serve as Program Coordinator for the Personal Wellness and Leisure Activity program. Serve on departmental, college, and university committees; engage in service for the university and the community to enhance exposure, partnerships, and mutually beneficial, collaborative efforts of the programs.

August 2016 – present

Exercise is Medicine on Campus® Coordinator

University of West Georgia

Carrollton, GA

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 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 and Personal Trainer (Independent Contractor)

Carrollton, GA

Responsibilities: Teach 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.

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

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

RECOGNITION AND AWARDS

ACSM Exercise is Medicine® **Gold Level University**, Program Coordinator (2016 - 2020)

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

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

Internal Grant

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)

PROFESSIONAL MEMBERSHIPS (current)

American College of Sports Medicine

American Council on Exercise

TEACHING EXPERIENCE

University of West Georgia

CMWL 3210: Healthy Eating and Nutrition

CMWL 3230: Exercise Leadership

CMWL 4000: Exercise and Wellness Programming for Special Populations

PHED 2628: First Aid and CPR for Education Majors

PHED 4603: Advanced Concepts of Personal Training

PWLA 1600: Personal Wellness

PWLA 1643: First Aid and CPR

PWLA 1678: Strength and Conditioning

PWLA 1697: Walk/Jog

PWLA 1679: Body Bootcamp

PWLA 1698: Weight Training

PWLA 2611: Outdoor Recreation
SPMG 2600: Introduction to Sport Management
SPMG 3664: Economics and Finance in Sport
SPMG 4686: Sport Management Internship
XIDS 2002: What Do You Know About: Being a Healthy Wolf (Physical Activity and Nutrition for Life)

PUBLICATIONS

REFEREED MANUSCRIPTS

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.

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

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.

Biber, D., **Knoll, C.**, Gross, H., & Lettsome, K. (2020, February). *Exercise is Medicine on Campus: A Pilot Study*. Presented at the Southeast ACSM Annual Meeting, Jacksonville, FL – Poster Presentation.

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.

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.

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.

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

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

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

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.

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.

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.

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.

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.

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.

SERVICE

State

University System of Georgia Physical Activity Task Force (2019)

University of West Georgia

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

Department Student Fee Budget Committee (2019 - present)

Department Chair 3rd Year Review Committee (2019)

Department Scholarship Review Committee (2019)
Wolf Wellness Lab Committee Co-chair (2018 – present)
Department Search Committee Member – CMWL Tenure Track (2018)
Department Search Committee Member – CMWL Instructor (2018)
Department Health and Wellness Team Co-chair (2017-present)
University Wellness Committee (2017-present)
College of Education Faculty Development, Mentoring, and Retention Committee (2016-2019)
ACSM *Exercise is Medicine on Campus*® Leadership Team (2016-present)
University Presidential 5K Planning Committee Member (2015-2016)
University Sustainability Council and Earth Week Leader (2015-present)
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 Elementary and Middle School Volunteer, Carrollton, GA
Carroll County Animal Shelter Volunteer, Carrollton, GA
Kids-N-Fitness/Tanner Medical Lead Instructor, Carrollton, GA
Carroll County Recreation and Carrollton City Recreation Volunteer Coach (soccer, baseball, cheerleading), Carrollton, GA
Run for the Refuge House 5K/10K/Fun Run Race Director, Tallahassee, FL
Gulf Winds Track and Triathlon Club Volunteer Coach, Tallahassee, FL