**CHRISTINA L. WALTERS** **MS, LAT, ATC, FMS, CFSC**

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**EDUCATION**

***Master of Science, Athletic Training,*** June 2010  
Ohio University, Athens, OH  
Thesis: *A study of wellness in athletic trainers.*

***Bachelor of Science, Major Athletic Training***, April 2008  
Indiana Wesleyan University, Marion, IN  
CATTE Accredited Athletic Training Education Program

**ACADEMIC EXPERIENCE**

**Teaching:**

***Instructor, Exercise Science,*** 2014 – PresentSchool of Arts and Science, Grace College, Winona Lake, IN

Courses include, (all coded *EXS) 1000 Intro to Exercise Science, 2000 Kinesiology, 2150 Practicum in Exercise Science, 2250 Care and Prevention of Injuries, 3000 Strength and Conditioning, 3600 Fitness Assessment, 4180 Exercise Physiology, 4240 Biomechanics, 4840 Research in Exercise Science,* and *4930 Internship in Exercise Science*

**Service:**

***Program Director, Exercise Science Undergraduate Major,*** 2014 – Present   
School of Arts and Science, Grace College, Winona Lake, IN

Primary responsibilities include design, development, and oversight of core exercise science curriculum, academic sequencing, program expansion, and operations. Coordinator and supervisor of student observations. Development and oversight of laboratory space, equipment purchase, installation, maintenance, and program community collaborations.

***Assistant Women’s Soccer Coach,*** 2015 – Present  
Grace College, Winona Lake, IN

***Lab and Internship Coordinator***, 2014 – Present  
Exercise Science Department, Grace College, Winona Lake, IN

***Teachers Assistant,*** 2009 – 2010

Ohio University, Athens, OH

Evaluations of Head, Neck and Spine; Evaluation of the Upper Extremity; Emergency Management; Practical Applications of Athletic Training

**Scholarship:**

***Facilitate and Supervise Undergraduate Research Projects,*** 2014 - Present   
School of Arts and Science, Grace College, Winona Lake, IN

The effect of prolonged Self-Myofascial Release on Power Output - Fall 2014

The effect of Quercetin stacked with Bromelain on recovery rates in Baseball Pitchers - Fall 2014

Factors contributing to weight fluctuations during a college student’s freshman year - Fall 2015

Functional movement screening and athletic perception - Fall 2017

Foot positions effect on gluteal activation - Fall 2017 and Spring 2018

**PROFESSIONAL AND CLINICAL EXPERIENCE**

***Athletic Trainer,*** 2011-2014Kosciusko Community Hospital, Warsaw, IN

Head Athletic Trainer for Grace College. Full time placement.Responsibilities include: Provision of Medical Services to 15 varsity athletic programs and 3 Junior varsity programs. Management of PPE’s, individual patient reports, physician notes and other administrative documents. Development of injury reduction programs, Injury management, Budgeting supplies. Communication with Physicians, Coaches, Athletes, and Administration. KCH Reports for selected data points. Supervisor for Grace College students pursuing Athletic training.

***Outreach Athletic Trainer*,** 2010-2011

Methodist Sports Medicine/The Orthopedic Specialist, Avon, IN

Avon High School- Full time placement, no clinic assignment

Responsibilities included: Medical services for 19 IHSAA sports; Organization of Pre-Participation Evaluation’s (PPE); Budgeting of supplies; Supervising online athlete management system, and Communication with Coaches, Parents, Physicians, and Athletic department.

Approved Clinical Instructor (ACI) for UIndy entry-level Athletic Training Program

***Head Athletic Trainer,*** 2008-2010

Nelsonville-York High School, Nelsonville OH

Responsibilities included: Organization of yearly PPE’s, Medical services for 12 OHSAA varsity and 7 Junior Varsity Athletic teams. Development and implementation of Emergency Action Plan, Budgeting of supplies and organization of daily operations.

ACI for Ohio University entry-level Athletic Training Program.

Assisted in management of research studies being conducted at clinical site.

**PROFESSIONAL CERTIFICATIONS AND LICENSURE**

BOC Certification; Licensed Athletic Trainer by the Indiana Professional Licensing Agency

Functional Movement Systems Certification; Functional Strength Coach Certification

American Red Cross certification - CPR/ AED for the professional rescuer;

American Red Cross certification - First aid

**PROFESSIONAL MEMBERSHIPS**

National Athletic Trainers’ Association; Great Lakes Athletic Trainers’ Association;

Indiana Athletic Trainers’ Association; Functional Movement Systems;

Certified Functional Strength Coach Membership

**HONORS AND AWARDS**

Ohio University Outstanding Graduate Student in Athletic Training Award- 2010

Indiana Wesleyan University ATEP Athletic Training Student of the Year- 2008

NAIA Champions of Character Award - 2007

IWU Deans List six semesters – 2005-2008

IWU Student Government - HKRSS Representative – 2007-2008

**Softball Awards:**  NFCA All-American – 2008; NAIA All-American Honorable Mention – 2008; NAIA All-American Scholar Athlete - 2007, 2008; NCCAA All-American Softball player - 2006, 2007

**COMMITTEE WORK**

Physics Faculty Search Committee, Grace College, 2018  
Information and Instructional Technology Steering Committee, Grace College, 2017 – Present  
Committee on Faculty, Grace College, 2016 – Present