

CYNTHIA M. MCKNIGHT, PhD, ATC

Azusa Pacific University
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EDUCATION

Doctor of Philosophy, University of Toledo, 1995
Major: Exercise Science/Biomechanics
Minor: Anatomy (through the Medical College of Ohio)
Dissertation: The Influence of Functional Ankle Instability and Proprioceptive
Rehabilitation on Muscle Function and Balance

Masters of Education, University of Cincinnati, 1982
Major: Community Health Education

Bachelor of Science, Ball State University, 1981
Major: Physical and Health Education K-12 Minor: Athletic Training

PROFESSIONAL EXPERIENCE

PROFESSOR, MASTER OF SCIENCE IN ATHLETIC TRAINING (UG program phased out)
Department of Kinesiology (formerly Exercise and Sport Science)
Azusa Pacific University
July 2015-present

- Advise students in the MSAT program
- Faith Integration Mentor for the Kinesiology department
 - Work with colleagues to create a FI process for the UG Kinesiology major
 - Assist colleagues with their FI classroom assignments and discussions
 - Assist colleagues in writing their FI papers for promotion and long-term contracts
- Courses Taught Graduate (MSAT, beginning summer 2015):
 - Anatomy Lab (cadaver)
 - Research Methods I
 - Applied Research I and II
 - Psychological and Spiritual Aspects of Injury and Illness
 - Capstone Project

PROFESSOR, ATHLETIC TRAINING PROGRAM

Department of Exercise and Sport Sciences (Name change from Physical Education)
Azusa Pacific University, Azusa, CA
July 2005 – 2016

- Advise students in the Athletic Training Program
- Act as a Preceptor for athletic training students
- Created the framework for the curriculum of the Master of Science in Athletic Training (MSAT) – professional program
- Faith Integration Mentor for the Department of Exercise and Sport Science
- Courses Taught Undergraduate:
 - Foundations of Athletic Training and Applied Exercise Science
 - Kinesiology

Medical Conditions and Disabilities
 Practicum in Orthopedic Assessment
 Practicum in Therapeutic Modalities, Strength, and Flexibility
 Research Methods

- University Councils/Committees/Assignments:
 - Faith Integration Council, 2010 – 2013
 - Chair, 2011 – 2013
 - Professional Affairs Review Board, 2011 – present
 - Evaluator for Faculty Faith Integration Assessment submissions, 2008 – present
 - Appointment, Rank, and Contract Board, 2004 – 2007
 - Faith Integration Mentor, Fall 2005 – 2007, 2013-present
 - Search Committee for Academic Dean for the new School of Behavioral and Applied Sciences, Fall 2004 – Spring 2005

CHAIR, DEPARTMENT OF PHYSICAL EDUCATION, ASSOCIATE PROFESSOR

Azusa Pacific University, Azusa, CA
 July 2001 – July 2005

Majors: Athletic Training, Physical Education
 Minor: Coaching

- Oversee all aspects of the department including: budgeting; faculty and staff hiring and evaluation; program assessment and reviews; creation of program mission, objectives, and student learning outcomes; student issues including course scheduling, petitions, grievances.
- Collect information, write and edit the documents for accreditation by the California Commission on Teacher Credentialing (CCTC), 2005
- Collect information, write and edit the documents for Azusa Pacific University 5-Year Program Review, 2005

DIRECTOR, ATHLETIC TRAINING EDUCATION, ASSOCIATE PROFESSOR

Azusa Pacific University, Azusa, CA
 September 1998 – 2005

- Coordinate the Athletic Training Education Program
- Advise students in the Department of Physical Education
- Prepare the Athletic Training Program for Accreditation by CAAHEP
- Act as a clinical instructor for athletic training students
- Teach undergraduate and graduate courses
 - Graduate:
 - Advanced Principles of Physical Conditioning
 - Foundations of Personal Leadership Development (taught through Operation Impact in the Philippines and Papua New Guinea)
 - Sports Medicine
 - Undergraduate:
 - Assessment and Evaluation in Athletic Training
 - Health Education
 - Introduction to Athletic Training
 - Kinesiology
 - Medical Conditions and Disabilities
 - Observation in Athletic Training
 - Practicums in Athletic Training
 - Research Methods
 - Therapeutic Exercise
 - Therapeutic Modalities
- University Councils and Committees:

- Faith Integration Council, 2010-2013, Chair 2012-2013
- Appointment, Rank, and Contract Board, 2004-2010
- Comprehensive Faculty Evaluation Process, 2002-2004
- Vice Faculty Moderator, 2001-2003
- Faculty Senate, 2000-2003
- Honor's Council, Spring 2001
- Center for Research on Ethics and Values, Steering Committee, Spring 1998-2001
- Student Services/Co-Curricular Learning Environment Committee for WASC Accreditation (Western Association of Schools and Colleges), Member Fall 1999-Spring 2001
- Graduate Program Review Committee, Member 1998-99

ASSISTANT PROFESSOR/ASSISTANT ATHLETIC TRAINER

Colby-Sawyer College, New London, NH

August 1995-May 1998

- Teach six credit hours per semester in the Exercise and Sport Sciences Department
- Courses taught:
 - Prevention of Athletic Injuries
 - Evaluation of Athletic Injuries
 - Therapeutic Modalities
 - Therapeutic Exercise
 - Advanced Athletic Training (Administration)
 - Taping Techniques in Athletic Training
 - Critical Analysis of Sport Science Literature
 - Senior Seminar in Exercise and Sport Sciences (Research Methods)
 - Structural Kinesiology
 - Red Cross First Responder
- Advise students in the Exercise and Sport Sciences Department
- Supervise student athletic trainers
- Work in athlete care for the NCAA Division III teams
- Serve on college and departmental committees and faculty/staff searches

College Committees:	Orientation	1995-1997
	Faculty Personnel	1996-1997
	Academic Policies	1996-1998, Chair 1997-1998
	Educational Standards	1997-1998
	Standing	1997-1998

ATHLETIC TRAINER (part-time)

Medical College of Ohio, Toledo, OH

May 1991-August 1994

- Assist the physical therapist with rehabilitation
- Visit and cover events for area high schools
- Speak at multiple coaches' clinics
- Assist with research data collection

GRADUATE TEACHING ASSISTANT, Doctoral

The University of Toledo, September 1991-June 1994

- Oversee modular program in athletic training (proficiencies)

- Teach courses in the Physical Education Department
- Committee member for CAHEA review
- Courses taught:
 - Introduction to Clinical Athletic Training
 - Sportsmedicine (for coaches/physical educators)
 - Anatomy and Physiology Lecture and Labs
 - Weight Training
 - Beginning Tennis and Racquetball
 - Basketball
 - Exercise and Health Labs

ASSOCIATE PROGRAM DIRECTOR OF ATHLETIC TRAINING

Ball State University, August 1990-May 1991

- Assist in the coordination of the Athletic Training Major
- Duties consistent with those of Acting Program Director listed below

ATHLETIC TRAINER (part-time)

Central Indiana Sportsmedicine, Muncie, IN

September 1990-May 1991

- Cover high school football, basketball, and others events as needed

ACTING PROGRAM DIRECTOR OF ATHLETIC TRAINING

Ball State University, August 1988-July 1990

- Coordinate the Academic Major in Athletic Training
- Advise students in the School of Physical Education
- Coordinate the Athletic Training Graduate Intern program with area high schools
- Coordinate Clinical Experience and Internships
- Prepare documentation and coordinate the on-site visitation for the Five-Year Evaluation of the National Athletic Trainers' Association Education Committee
- Courses taught:
 - Introduction to Athletic Training
 - Prevention and Care of Athletic Injuries
 - Therapeutic Techniques of Athletic Injuries
 - Evaluation Techniques of Athletic Injuries
 - Administration of Athletic Training
 - Weight Training
 - Anatomy
 - Advanced Athletic Training (graduate level)

WOMEN'S ATHLETIC TRAINER

Ball State University, August 1985-July 1988

- Injury prevention, treatment, and rehabilitation for athletes in nine varsity women's sports (basketball, field hockey, cross country, indoor and outdoor track and field, volleyball, gymnastics, softball, swimming and diving, tennis)
- Assist in the coordination of athletic training student assignments with the Head Athletic Trainer
- Assist with two-a-day football
- Instruct in the Athletic Training Major

COORDINATOR OF WOMEN'S PROGRAMS

Cincinnati Sportsmedicine and Orthopaedic Center, Inc.

Frank R. Noyes, M.D., Director, May 1982-July 1985

- Patient care and rehabilitation with orthopaedic surgeons and physical therapists

- Pay regular visits to sixteen area high schools to aid in injury treatment and evaluation
- Cover multiple sporting events in area high schools including: FB, Soc, Bkt, VB
- Coordinate coaches' and athletic training student workshops
- Organize and collect research data
- Inventory and ordering of supplies for rehabilitation
- Coordinate athletic physical exams for area high schools
- Speak at a variety of sportsmedicine and school functions
- Coordinate high school and college volunteer program
- Orthopaedic casting/custom made splints and padding

GRADUATE TEACHING ASSISTANT, MASTERS

University of Cincinnati, August 1981-May 1982

- Athletic training duties included football, women's soccer and assisting in other team and athletic training room coverage, coordination of reporting for the National Athletic Injury Reporting System (NAIRS)
- Teaching duties: Basic and Instructors Red Cross First Aid and CPR, Folk/Square Dance

PUBLICATIONS – Juried

McKnight, CM, Juillerat, S. (2011). The perspectives of clinical athletic trainers on the spiritual care of athletes. Journal of Athletic Training. 46(3), 328-337.

McKnight, CM. (2009). Spiritual disciplines in sports medicine: a review of the literature. Athletic Training and Sports Health Care. 1(6), 279-285.

McKnight, C. M., McIntire, D.D., Stude, D. P. (2007). Faculty governance at evangelical christian colleges and universities. Journal of Christian Higher Education, 6, 79-87.

McKnight, C.M. & Armstrong, C.W. (1997). The role of ankle strength in functional ankle instability. J. Sport Rehab, 6(1), 21-29.

McKnight, C.M. & Armstrong, C.W. (1996). The Influence of ankle instability and proprioceptive rehabilitation on muscle function. JAT, 31(2), Supplement: S31.

McKnight, C.M., M.S. Ferrara, J.M. Czerwinska. (1992) Intercollegiate ice hockey injuries: a three year analysis. JAT, 27(4):338-343.

Colon, F.V., Mangine, R., McKnight, C.M. and Kues, J. (1988). The use of the pogo stick in rehabilitating patients with patellofemoral chondrosis. J of Rehabil, 54(8), 73-77.

PUBLICATIONS – Non-Juried

McKnight, C.M. (1998). Prevention and treatment of ankle injuries. Program for Chargers Fifth Annual Tennis Classic, Colby-Sawyer College, New London, NH.

Frasca, R.L., & McKnight, C.M. Athletic training and the news: strategies for orchestrating favorable press coverage. NATA News. Dec. 1995.

MEDIA REVIEW – Invited

Petersen, CM and Foley, RA. *Active and Passive Movement Testing*. McGraw Hill, Medical Publishing Division, New York, 2002. Review published in *NATA News*, Feb. 2003 for the *Journal of Athletic Training*.

PRESENTATIONS

McKnight, C. "Perceptions of Spiritual Care: Athletes versus Athletic Trainers." Inaugural Congress on Sport and Christianity, York, England, August 2016.

McKnight, C. "Spiritual Care for the Injured Athlete: Has the Time Come?" National Athletic Trainers' Association National Symposium, St. Louis, MO, June 2015.

McKnight, C, Lehman, S. "The Spirituality of Sport." Azusa Pacific University Common Day of Learning, March 2007.

McKnight, C. "Spiritual Disciplines and Healing in Sportsmedicine: A Practical Approach." Far West Athletic Trainers' Association Conference, April 2006.

McKnight, C, Jackson, L. "Healing: From Scripture to Today." Azusa Pacific University Common Day of Learning, March 2006.

McKnight, C. "Faith Integration in Athletic Training and Health." Azusa Pacific University Faith Integration Seminar, May 2005.

Ford P, Schmidt C, McKnight, C. "Comprehensive Clinical Education Program: The Azusa Pacific University Way." National Athletic Trainers' Association Educators' Conference, Feb. 2003.

"Abdominal Injury in a Collegiate Football Player." National Athletic Trainers' Association National Symposium, Nashville, TN. July 2, 2000.

"Care and Prevention of Athletic Injuries." Calvary Chapel High School, Downey, CA. August 20, 1999.

"The Influence of Functional Ankle Instability and Proprioceptive Rehabilitation on Muscle Function." NATA National Symposium. Orlando, FL, June 1996.

"Athletic Training and the News: Strategies for Orchestrating Positive Press Coverage." NATA National Symposium. Indianapolis, IN, June 1995. (Poster presentation)

Various Topics, Multiple Coaches' Clinics, Oct. 1991-1994.

"Cadaver Anatomy of the Knee." Ohio Athletic Trainers' Association Meeting, Toledo, OH, May 1, 1993. "Cadaver Anatomy-Upper and Lower Extremity." Ohio Athletic Trainers' Association State Meeting-Student Section, Toledo, OH, May 1, 1993.

"Athletic Training Administration." Adrian College, Adrian, MI, April 6, 1993.

"Functional Ankle Instability and Balance." Midwest American College of Sports Medicine Meeting, Boyne, MI, Feb. 4, 1993. Winner best student presentation.

"Clinical Biomechanics-The Knee." National Athletic Trainers Association National Symposium, Indianapolis, IN, June 12, 1990.

"Running/Fitness Related Injuries." Adult Fitness Program Staff, Ball State University, Dec. 5, 1989.

"Injuries to the Disabled Athlete." 18th Annual National Conference on Physical Activity for the Exceptional Individual, Riverside, CA, Nov. 18, 1989.

"Common Athletic Injuries and Injuries to the Low Back." Multiple presentations in Fitness/Wellness courses at Ball State University.

"Injuries to the Disabled Athlete." Indiana Association of Health, Physical Education, Recreation and Dance Conference, Oct. 29, 1988.

"Common Athletic Injuries and Injuries to the Low Back." Physical Education faculty, Ball State University, Aug. 26, 1988.

Manchester College Student Trainer Workshop, July 18-21, 1988.

"The Computer Athletic Injury System."

National Athletic Trainers' Association Educators, National Symposium,
Baltimore, MD, June 11, 1988.

Poster Presentation, National Athletic Trainers' Association Symposium, Baltimore, MD,
June 13-14, 1988.

American Alliance of Health, Physical Education, Recreation and Dance National
Convention Computer Software Share, Kansas City, MO, April, 9, 1988.

Indiana Athletic Trainers' Association Fall Meeting, Oct. 1987. "Weight Training for Girls." Coaches of Girls' Sports Association, Indianapolis, IN March 6, 1988.

"Prevention of Athletic Injuries." Blue River Coaches, May 1987.

MANUSCRIPTS IN PROCESS

McKnight, C., Livingston, J. Perspective of athletes on the spiritual care of injured athletes.

McKnight, C., Livingston, J. Comparison of athletes and clinical athletic trainers on the spiritual care of injured athletes.

CREATIVE ENDEAVORS

Ferrara, Michael, M.S., ATC, Cynthia M. McKnight, M.Ed., ATC, and Devon Johnson. "The Computer Athletic Injury System." Benchmark Press, Indianapolis, IN. 1989.

"Care and Prevention of Common Athletic Injuries." Videotape, School of Physical Education, Ball State University, 1987.

GRANTS RECEIVED

Azusa Pacific University Faculty Research Council Grant, \$4200, for Athletes' Perceptions of Spiritual Care for the Injured Athlete study. Summer 2012.

Ball State University Category "C" Faculty Development Grant, Summer 1988.
"Computer Athletic Injury System II."

AWARDS

Cardinal Sports Medicine Ring of Honor inductee, Ball State University alumna award, 2012

Best Student Presentation, Midwest American College of Sports Medicine, Boyne, MI, Feb. 4, 1993.

Post-Graduate Scholarship Winner, National Athletic Trainers' Association, 1992.

First Place, Education Division, Zenith Data Systems, Masters of Innovation. "The Computer Athletic Injury System." April 1989.

PROFESSIONAL SERVICE/SCHOLARSHIP

Manuscript Reviewer for the *Journal of Athletic Training*, Fall 2001 – present

Manuscript Reviewer for the *Athletic Training Education Journal*, Spring 2006 – present

Manuscript Reviewer for *Athletic Therapy Today*, Fall 2000 – 2011

Accreditation Site Visitor for the Commission on Accreditation of Athletic Training Education, 2005 – 2014

LEADERSHIP

Consultant for University of Texas of the Permian Basin as they prepared for accreditation through CAATE

Grant Reviewer for the National Athletic Trainers' Association Research and Education Foundation, September 1996-2008

Certified Examiner for the National Athletic Trainers' Association Board of Certification exam

Expert Panelist (Delphi panel) for "The Development and Assessment of Standards and Criteria for the Selection, Training, and Evaluation of Athletic Training Approved Clinical Instructors, Phase I." T. Weidner, J. Henning, authors. Funded by the National Athletic Trainers' Association Research and Education Foundation (2003-04)

Chief Athletic Trainer for the Goalball venue, 1996 Paralympic Games
Atlanta, GA, August 1996

Vice-Chair, Medical Coverage, White River Park State Games
Indianapolis, IN, Nov. 1988-March 1990

Secretary, Indiana Athletic Trainers' Association

March 1988-March 1990

Head Athletic Trainer, 1990, 1989 NCAA Division I Indoor Track and Field Championships, Indianapolis, IN

Host Athletic Trainer, 1988 U.S. Olympic Track and Field Trials, Indianapolis, IN

University Representative to the Executive Council, Indiana Athletic Trainers' Association, March 1986-March 1988

Host Athletic Trainer, 1987 International Special Olympics, South Bend, IN

Host Athletic Trainer, 1987 Tenth Pan American Games, Indianapolis, IN

Chair, Midwest District Sportsmedicine Section, American Alliance of Health, Physical Education, Recreation, and Dance 1984-1986

PROFESSIONAL MEMBERSHIPS (current)

National Athletic Trainers' Association, 1978-present, Certified 1982 (#000041004)

Far West Athletic Trainers' Association, 1999-present

California Athletic Trainers' Association, 1999-present

COMMUNITY SERVICE

Serve as Eucharistic Minister at St. Dorothy Church, Glendora, CA, 2009 – present

Sang in Choir, St. Dorothy Church, Glendora, CA, Sept. 1998 – present

Board of Trustees member for the Lake Sunapee Community Health Services Board, New London, NH, Sept. 1997-1998

Co-coordinate the College Catholic group, Our Lady of Fatima, New London, NH Sept. 1997-1998

Taught Eighth Grade Christian Education Classes, Our Lady of Fatima, New London, NH Sept. 1996-April 1997

Sang in the choir of Our Lady of Fatima Parish, New London, NH, Sept. 1995-1998

Coordinate and Teach Junior High Sunday School Class, Westgate Chapel, Toledo, OH, March 1993-April 1994