

## **CHRISTIAN R. LARSON**

[crlarson@k-state.edu](mailto:crlarson@k-state.edu)

### Work Address

203 Justin Hall  
Manhattan, KS 66506  
785.341.2375

### **EDUCATION:**

#### **Kansas State University, Manhattan, KS**

Master of Science in Kinesiology  
Area of Emphasis: Physiology  
August 1998

#### **Kansas State University, Manhattan, KS**

Bachelor of Science in Kinesiology  
May 1996

### **CERTIFICATIONS: Current and Past**

#### **NSCA Certified Strength and Conditioning Specialist**

Certified American Heart Association Instructor  
ACSM Certified Personal Trainer  
CrossFit Level 2 Training Certification  
Item Writer for the CrossFit Coaches' Certification Exam

### **EXPERIENCE:**

#### **Kansas State University, Manhattan, KS**

Instructor, August 2010-Present

Teaching Technician, 2007-2010

Graduate Teaching Assistant, 1997-1998

- Taught courses including: KIN 220, KIN 220 Lab, KIN 330, KIN 330 Lab, KIN 161, KIN 346, KIN 336, KIN 360 Lab KIN 380, KIN 382 and KIN 384
- Coordinate Kinesiology undergraduate course labs
- Adapted KIN 161 for the MAPS (Multicultural Academic Program Success) program which is offered in conjunction with the summer program through K-State's College of Engineering
- Former Kinesiology undergraduate Advisor
- Supervise GTAs to include training, scheduling and supervision
- Developed online version of KIN 220
- Developed online version of KIN 380
- Developed online version of KIN 382
- Developed online version of KIN 384
- KIN 220 Coordinator (Including 90% of teaching responsibilities)
- Assisted in the Development of online version of KIN 330
- Assisted in the Development of KIN 398 (Fundamentals of Improving Health)
- Developed KIN 382 Strength and Conditioning for Performance

- Developed KIN 384 Certifications in Health and Fitness
- Assisted in the development of K-State CrossFit
- Assist with campus student visits
- Assist with on-campus Athletic Department recruiting visits
- Other Department duties as assigned
- Item Writer for CrossFit Level 3 Exam
- Chair, Search Committee for Applied Exercise Instructor
- **Chair, Non-Teure Track Promotion Committee for the College of Health and Human Sciences**
- **Co-Chair, ACSM Accreditation Committee**

#### **AWARDS:**

- Stamey Teaching Award, Spring 2012
- Mortar Board Outstanding Teaching Award 2013
- Commerce Bank Presidential Teaching Award 2015
- Myers-Alford Teaching Award 2022
- **Mortar Board Outstanding Teaching Award 2024**
- **Presidential Award for Undergraduate Teaching 2024**

#### **EMPLOYMENT HISTORY:**

Instructor/Advisor/Teaching Technician, Kansas State University, Manhattan, KS, 2007-  
Present General Manager, Cottonwood Racquet Club, Manhattan, KS June 2000-August 2007