

Crystal A. Gajkowski, Ed.D., MCHES
College of Education and Human Development
Department of Counseling, Health, and Kinesiology
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Education

Doctor of Education, Curriculum and Instruction; Liberty University

Master of Science in Education, Health and Physical Education, Emphasis in Health Promotion; Virginia Polytechnic Institute and State University

Bachelor of Science, Health and Sports Science, Concentration Public Health; American Military University

Post Graduate Teacher Certification Program, Teacher Education; University of West Florida

Certifications and Licenses

National Commission for Health Education Credentialing, Inc; Master Certified Health Education Specialist

Association of College and University Educators and American Council on Education; Microcredential in Promoting Active Learning Online

Texas Education Agency; Professional Educator Certification Health/Physical Education (EC-Grade 12)

Florida Department of Education; Professional Educator Certification Health/Physical Education (K-12)

National Council for Mental Wellbeing; Youth Mental Health First Aid

Pennsylvania State Board of Nursing, Licensed Practical Nurse, Active

Teacher Ready Program; Level Two Reading Endorsement

Academic Positions

2022-Present Assistant Professor-Department of Counseling, Health and Kinesiology, Texas A&M University-San Antonio

2021-2022 Visiting Lecturer-Department of Counseling, Health, and Kinesiology, Texas A&M University-San Antonio

2020-2021 Adjunct Faculty-Department of Counseling, Health, and Kinesiology, Texas A&M University-San Antonio

Courses Taught

(Courses taught face-to-face, hybrid, synchronous, and asynchronous)

Health and Kinesiology

EDHL 1322 Nutrition; *Lead Instructor*

EDKN 1338 Fitness and Wellness

EDKN 2147 Skills Analysis-Individual Sports

EDKN 2148 Skills Analysis-Team Sports

EDKN 3316 Medical Terminology

EDKN 3340 Health and Physical Education Concepts-Early Childhood & Elementary Teachers

EDKN 4334 Research Projects in Health and Exercise Science

Other Professional Positions:

2016-2019 Mentor/Physical Education Teacher, Bell Creek Academy, Riverview, FL

2012-2016 Health/Wellness Team, Landstuhl Elementary Middle School Wellness Committee, Landstuhl, Germany

2009-2012 Fitness Program Manager, US Air Force, Andrews AFB, MD

2009-2012 Self-Aid and Buddy Care Educational Team Lead/Instructor, US Air Force, Andrews AFB, MD

2004-2012 CPR and AED Instructor, American Heart Association, US Air Force, Andrews AFB, MD

2004-2012 Physical Training Leader, US Air Force, Andrews AFB, MD

1999-2004 Licensed Practical Nurse

Publications

Edited Chapter

Gajkowski, C. (2022). Can Technology Contribute to Physical Activity?: A Case for Utilizing Technology in PE Instruction. In C. Webb, & A. Lindner (Eds.), *Preparing Pre-Service*

Teachers to Integrate Technology in K-12 Classrooms: Standards and Best Practices (pp. 252-270). IGI Global. <https://doi.org/10.4018/978-1-6684-5478-7.ch014>

Peer-Reviewed Educational Report

Gajkowski, C. A. (2021). Recommendations for utilizing the whole school, whole community, whole child model to improve strategies for whole child development for military-connected students. (Unpublished doctoral capstone educational report). Liberty University, Lynchburg, Virginia.

Current Projects/Collaborations

Manuscript in Review

Gajkowski, C.A. Utilizing the whole school, whole community, whole child model to improve strategies for whole child development for military-connected students. In-Review.

Manuscript in Preparation

Smith, J.D. & Gajkowski, C.A. Reliability, and Validity of Student Presentation Evaluation Rubrics

Current Research

Gajkowski, C.A. & **Kappmeyer, J.** Development of Gross Motor Skills, and Academic Competencies in Early Childhood. IRB Approved/ In Data Collection.

*Red Denotes Students

Service to the University

2021-Present Core Assignments Committee; *Member*

Service to the College

2022-2023 Cross-Disciplinary Education Committee-*Health and Kinesiology Representative*
Graduate Degree Plan Committee; *Member*

2021-2022 Cross-Disciplinary Education Committee-*Health and Kinesiology Representative*

Service to the Department

2022-2023 Kinesiology Club; *Faculty Advisor*
Adjunct Evaluation Committee; *Chair*

2021-2022 Inventory Committee; *Physical Education Representative*
STEM Expo/Community Outreach- Great Texas Air Show; *Coordinator*
Inventory Committee; *Physical Education Representative*

Service to the Profession

- 2022-Present Journal of Physical Education, Recreation and Dance; *Peer Reviewer*
2022-Present Strategies: A Journal for Physical and Sport Educators; *Peer Reviewer*
2022-Present Journal of Health and Physical Literacy; *Peer Reviewer*
2022 IGI Global Book Chapter; *Peer Reviewer*
2022 National Consensus for School Health Education; *Field-level Reviewer* of the draft national school health education standards
2020- Present National Commission for Health Education Credentialing, Inc.; *Ambassador*

Service to the Community

- 2022-2023 Student Health Advisory Council-Lackland Independent School District; *Program Evaluator*
Campus Education Improvement Council-Lackland Independent School District-
Member
Athletic Booster Club- Lackland Independent School District: *Member*
Parent Teacher Student Organization- Lackland Independent School District;
Member
2021-2022 Student Health Advisory Council-Lackland Independent School District; *Member*
School Academic Calendar Committee-Lackland Independent School District;
Member
Virginia Tech Hokie Mentorship Connect; *Alumni Mentor* (First Gen; Military-
Connected)
2019-2020 First Grade Catechist Teacher- Freedom Chapel, JBSA Lackland, Texas;
Volunteer

Professional Society Membership

- Association for Supervision and Curriculum Development Whole Child Network; *Member*
Kappa Delta Pi International Honor Society in Education; *Member*
Omega Nu Lambda National Honor Society; *Member*
Military Child Education Coalition; *Community Member*
National Strength and Conditioning Association; *Member*
Texas Association for Health, Physical Education, Recreation, & Dance; *Member*
Society of Health and Physical Educators-Shape America; *Member*
USA Triathlon; *Member*
Virginia Tech Hokie Club; *Member*
Virginia Tech Pylon Society; *Member*

Professional Society Leadership

- 2022 Texas Association of Health, Physical Education, Recreation, and Dance; College Division; Professional Preparation Section; *Chair-Elect*

2022 Texas Association of Health, Physical Education, Recreation, and Dance; College Committee; *Member*

Professional Society Meeting Attendance

2023 Texas Association of Health, Physical Education, Recreation, and Dance Leadership Conference; Granbury, Texas

2022 Texas Association of Health, Physical Education, Recreation, and Dance Annual Conference; Corpus Christi, Texas

Research Interests

My research interests include combining my passion relating to whole child development, health, and physical literacy, and the promotion of health and physical behaviors to provide practical health information for our youth, influencing their values and beliefs to support norms of a healthy lifestyle, and providing essential health skills necessary to embrace, practice, and maintain healthy behaviors.

Aside from my interest in pediatric health and physical literacy, I would also like to focus on improving methods by which the adult population receives and processes public health information to make proactive health decisions that benefit them and their community. Researching ways to provide health education information and communication with appropriate structured education programs would be a step in the right direction.

Professional Development

2022 Improving the Health of Students by Applying the Characteristics of Health Education Curricula; Texas Association of Health, Physical Education, Recreation, and Dance Annual Conference; Corpus Christi, Texas

2022 Hybrid Instruction Training; Texas A&M University-San Antonio

2022 Creating an Inclusive Classroom for Students with Exceptionalities; American College of Education

2022 Best Practices for Delivering Online and Hybrid Learning; SHAPE America

2021 Preventing Adverse Childhood Experiences; Centers for Disease Control and Prevention

2020 Mini-Master of Public Health Course; Boston University School of Public Health

2020 Motivational Interviewing-Risk Assessment; Michigan Public Health Institute

2020 General Best Practice Guidelines for Immunizations; Centers for Disease Control and Prevention

2020 Community Dimensions of Public Health Practices; Center for Public Health

2019 Public Health Ethics Forum: Ethical Dilemmas in Child and Adolescent Health; Centers for Disease Control and Prevention; Atlanta, GA

2019 Exploring and Practicing Cross-Cultural Communication; University at Albany Center for Public Health

2019 Health Literacy and Public Health: Strategies for Addressing Low Health Literacy; University at Albany Center for Public Health