

BRIDGETTE STEWART, M.ED., CWP, NBC-HWC
CHIEF WELLNESS OFFICER AND SENIOR LECTURER
UNIVERSITY OF WEST GEORGIA

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EDUCATIONAL BACKGROUND

- 2003 **Master of Education**, University of West Georgia
College of Education, Department of Sport Management, Wellness, and Physical Education
Major Field of Study: Health Education
- 1998 **Bachelor of Science**, Berry College
Charter School of Education and Human Sciences, Department of Kinesiology
Major: Sports Medicine
- 1996 **Associate of Arts**, Georgia Highlands College
School of Social Sciences and Education, Department of Psychology
Major: Psychology

PROFESSIONAL APPOINTMENTS

- 2022-present Chief Wellness Office
University of West Georgia
- 2018-present Director, Center for Integrative Wellness at the Wolf Wellness Lab
Department of Sport Management, Wellness, and Physical Education
University of West Georgia (Carrollton, GA)
- 2015-present Senior Lecturer
Health and Community Wellness
Department of Sport Management, Wellness, and Physical Education
University of West Georgia (Carrollton, GA)
- 2015-2020 Program Coordinator
Health and Community Wellness Program
Department of Sport Management, Wellness, and Physical Education
University of West Georgia (Carrollton, GA)
- 2009-2015 Lecturer
Health and Community Wellness
Department of Sport Management, Wellness, and Physical Education
University of West Georgia (Carrollton, GA)

- 2003-2009 Instructor and PWLA Program Coordinator
 Personal Wellness and Leisure Activities (PWLA)
 Department of Sport Management, Wellness, and Physical Education
 University of West Georgia (Carrollton, GA)
- 1998-2003 Teaching Assistant/Assistant Director of Intramural Sports
 Health and Physical Education
 Department of Physical Education
 Georgia Highlands College (Rome, GA)

TEACHING APPOINTMENTS

UNIVERSITY OF WEST GEORGIA

- CMWL 2100 Introduction to Health and Community Wellness
 CMWL 2200 Social Determinants of Health and Wellness
 CMWL 3240 Current Issues and Trends in Health and Community Wellness
 CMWL 3401 Technology in Health and Community Wellness
 CMWL 4100 Wellness Coaching
 CMWL 4102 Service Learning in Health and Community Wellness
 CMWL 7000 Advanced Wellness Coaching
 CMWL 7100 Capstone for Graduate Students
 PHED 2000 Applied Concepts of Fitness and Wellness
 PHED 2628 First Aid and CPR for Education Majors
 PHED 2685 Rebuild and Relive: Biggest Loser
 PHED 3503 Skills and Strategies: Target and Outdoor (Golf Component)
 PHED 4501 Contemporary Health Issues
 PHED 4631 Prevention and Care of Fitness and Sport-Related Injuries
 PWLA 1600 Personal Wellness (Honors sections as well)
 PWLA 1643 First Aid and CPR
 PWLA 1647 Beginning Golf
 PWLA 1648 Intermediate Golf
 PWLA 1665 Beginning Snow Skiing
 PWLA 1666 Intermediate Snow Skiing
 PWLA 1667 Snowboarding
 PWLA 1678 Strength and Conditioning
 PWLA 1691 Beginning Tennis
 PWLA 1692 Intermediate Tennis
 PWLA 1697 Walk/Jog
 PWLA 1699 Healthy Eating and Nutrition
 PWLA 2611 Water Aerobics
 PWLA 2611 BLS CPR for Healthcare Providers

GEORGIA SOUTHWESTERN STATE UNIVERSITY

- HPER 2100 First Aid and Safety for Majors
 PEDS 2000 First Aid and CPR

MANUSCRIPTS IN PRESS

1. Varga, M. A., Lanier, B. A., Biber, D., & **Stewart, B.** Holistic grief effects, mental health, and counseling support in bereaved college students. *College Student Affairs Journal*.

GRANTS AND SCHOLARLY ACTIVITY

1. Biber, D. D. (PI); Brandenburg, G., **Stewart, B.** (2020). State Opioid Response: College Adopt a School. Partnership with the Georgia Department of Behavioral Health and Developmental Disabilities. Amount Awarded: \$117,000 for 2020-2021
2. Biber, D. D. (PI); Brandenburg, G., **Stewart, B.** (2019). State Opioid Response: College Adopt a School. Partnership with the Georgia Department of Behavioral Health and Developmental Disabilities. Amount Awarded: \$105,039 for 2019-2020

INVITED PUBLICATIONS, COMMENTARIES, AND MEDIA CONTRIBUTIONS

1. Biber, D. D. Davis, A., & **Stewart, B.** (2023). Heads up! Using a mobile platform to assess Division II student-athlete mental health. *Journal of Sport Psychology in Action*, 1-11. <https://doi.org/10.1080/21520704.2023.2282191>.
2. **Stewart, B.**, & Biber, D.D. (2020) Multicultural competency education in wellness preparation programs. *National Wellness Institute Newsletter*. 17 July 2020
3. Biber, D., Brandenburg, G., Knoll, C., McBurse, S. Merrem, A., & **Stewart, B.** (2018). The Wolf Wellness Lab: A Model for Community Health and Wellness Promotion. *GAHPERD Journal*, September, 4-11.
4. **Stewart, B.** (2013) Panelist, Pearson Higher Education, Shape America Conference, Charlotte, North Carolina.
5. **Stewart, B.** (2010) Panelist, National Personal Health Symposium, McGraw-Hill Publishing, Tucson, Arizona

SCHOLARLY PRESENTATIONS

1. Knoll, C., Biber, D. D., **Stewart, B.**, Brandenburg, G. (2019, October). Preparing Future Wellness Professionals: Implementing University Worksite Wellness through Student Experiential Learning. Oral submitted to the National Wellness Conference, Kissimmee, FL.
2. Beck, E., Brandenburg, G., & **Stewart, B.** (2018 June). Setting Yourself Up for Success: Navigating the Professional Wellness Field. Oral Submitted to the National Wellness Conference, St. Paul, Minnesota.

3. Knoll, C., & **Stewart, B.**, (2017, January). Promoting University Wellness through Campus and Community Partnerships. Oral submitted to the Southern District Shape America Conference, Baton Rouge, Louisiana.
4. Heidorn, B., Heidorn, J., & **Stewart, B.** (2014 February) Developing Fitness from Exercise Science: What Every Coach Needs to Know. Oral submitted to the Southern District Shape America Conference, Lexington, Kentucky
5. Heidorn, J. & **Stewart, B.** (2013 October) Which Comes First? New Research, New Routines, Who Knew? Oral Submitted to the Georgia Association for Health, Physical Education, Recreation, and Dance, Marietta, Georgia.
6. **Stewart, B.**, (2012 February) Doing what matters: How to make a difference through effective mentoring. Oral submitted to the Southern District Shape America Conference, Orlando, Florida.
7. **Stewart, B.** & Harvey, R. (2012 February) Rebuild and Relive: A Physical Active Course to Change Lives. Oral submitted to the Southern District Shape America Conference, Orlando, Florida.
8. Johnson, J., Koch, J., Smith, M., & **Stewart, B.** (2011 February) Using Technology to Enhance Skill Development: Dartfish Analysis Package. Oral submitted to the Southern District Shape America Conference, Greensboro, North Carolina.
9. Koch, J., & **Stewart, B.** (2011 February) *Wellness: Keeping it Personal and Online*. Oral submitted to the Southern District of Shape America Conference, Greensboro, North Carolina.
10. Hatfield, L., & **Stewart, B.** (2011 September) Impressive First Impressions: Cover letters, resumes, and interviewing skills for future professionals. Oral submitted to the Southern District Future Professionals Conference, Johnson City, Tennessee.
11. **Stewart, B.** & Harvey, R. (2011 October) Rebuild and Relive: A Physical Activity Course to Change Lives. Oral submitted to the Georgia Association for Health, Physical Education, Recreation and Dance Conference, Atlanta, Georgia.
12. **Stewart, B.** & Mowling, C. M. (2008 November) Up and Down – Improving Your Teaching of the Short Game in Golf. Oral submitted to the Georgia Association for Health, Physical Education, Recreation, and Dance convention, Savannah, Georgia.

APPLIED PRESENTATIONS

1. **Stewart, B.** (2018 March) Resiliency and Thriving. Greystone Power Employee Development Presentation, Douglasville, GA
2. **Stewart, B.** (2018 November) Resiliency and Thriving. University of West Georgia Registrar's Office Staff Development Training.
3. **Stewart, B.** (2016 January) CPR/AED Certification Course. Share the Wealth Convention, Jekyll Island, GA

4. **Stewart, B.** (2015 January) CPR/AED Certification Course. Share the Wealth Convention, Jekyll Island, GA
5. **Stewart, B.** (2014 January) CPR/AED Certification Course. Share the Wealth Convention, Jekyll Island, GA
6. **Stewart, B.** (2013 January) CPR/AED Certification Course. Georgia Association for Health, Physical Education, Recreation, and Dance Conference.

AWARDS

1. **Distinguished Achievement Alumni Recipient** (2021), Berry College, Rome, GA.
2. **COE Distinguished Faculty Member Winner** (2019), College of Education, University of West Georgia
3. **Circle of Leadership Winner** (2018), National Wellness Institute
4. **Above and Beyond Award Winner** (2018), University of West Georgia
5. **COE Outstanding Service Award Winner** (2015), College of Education, University of West Georgia
6. **J. Owen Moore Alumni Faculty Award Winner** (2015), University of West Georgia
7. **COE Excellence in Undergraduate Teaching Winner** (2013), College of Education, University of West Georgia
8. **Apollo Award for Excellence in Distance Teaching, Training, and Mentorship Winner** (2009), University of West Georgia

SERVICE

Department:

2019-2020	Resilience and Thriving Course White Paper Committee
2018-Present	CMWL Advisory Council
2020-2015	Health and Community Wellness Program Coordinator
2018-2017	Health and Community Wellness Instructor Search Committee
2018-2017	Health and Physical Education Tenure Track Faculty Search Committee
2018-2017	Health and Community Wellness Tenure Track Faculty Search Committee
2018-2016	Advisor, SHIFT Organization
2017-2015	Advisor, Exercise is Medicine on Campus
2016-2015	Innovation Committee
2015-2008	Personal Wellness and Leisure Activities Program Coordinator
2011-2007	Department Appeals Committee
2011-2003	Department Curriculum Change Committee
2011-2008	Leadership Team

2008-2006 **Public Relations Committee**
2004-2003 **Department Chair Search Committee**

College:

2018-Present **Wolf Wellness Lab Director**
2019-2022 **Faculty Governance Council**
2018-2020 **Innovations Committee**
2018-2015 **Personnel Committee**
2017-2016 **Search Committee for Academic Advisor II**
2017-2016 **Dean's Review Committee**
2015-2014 **Health and Community Wellness Degree Development Committee**
2012-2011 **Assistant Professor of Instructional Technology Search Committee**
2012-2009 **Distance Learning Committee**
2009-2007 **Convocation Committee**

University:

2023-Present **UWG Athletics Aid Appeals Committee**
2014-Present **Lifestyle Coach for the National Diabetes Prevention Program**
2020-2021 **Presidential Community Indicators Project Committee**
2019-2021 **Chancellors Learning Scholar**
2018-2021 **Wolf Wellness Executive Committee Chair**
2018-2017 **Service-Learning Sub Committee**
2017-2018 **Barriers Team**
2015-2014 **Faculty Advisors to the Provost Committee**
2014-2013 **University Grade Appeals Committee**
2014-2011 **Run for UWG 5K Planning Committee**

State:

2017-2016 **Past President, Georgia Association for Health, Physical Education, Recreation and Dance**
2016-2015 **President, Georgia Association for Health, Physical Education, Recreation and Dance**
2015-2013 **President Elect, Georgia Association for Health, Physical Education, Recreation and Dance**
2015-2014 **Convention Director, Georgia Association for Health, Physical Education, Recreation and Dance**
2015-2013 **Exhibits Coordinator, Georgia Association for Health, Physical Education, Recreation and Dance**
2013-2011 **NAGWS/Men's Athletics Council, Georgia Association for Health, Physical Education, Recreation and Dance**
2012-2011 **College/University Board, Georgia Association for Health, Physical Education, Recreation and Dance**

Regional:

2017-2016 **Physical Activity Council, Southern District Shape America**
2017-2015 **Ethnic Minority Award Committee (Chair), Southern District Shape**

America

- 2015-2014 **Program Planning Committee, Southern District Shape America**
- 2014-2013 **Representative Assembly Delegate, Southern District Shape America**
- 2014-2012 **Community Health Council (Chair), Southern District Shape America**
- 2012-2011 **Leadership Associate, Board of Directors, Southern District Shape America**

National:

- 2019-Present **Board of Directors, National Wellness Institute, President Elect**
- 2019-2020 **Multicultural Competency Course Facilitator, HR.com/NWI**
- 2019-2022 **Emerging Wellness Professionals Task Force, National Wellness Institute**
- 2019-2021 **Campus Partnerships Subcommittee, National Wellness Institute**
- 2019-2021 **Education Committee, National Wellness Institute**
- 2019-2020 **Multicultural Competency Committee (Chair), National Wellness Institute**
- 2019-2015 **Council on Wellness Certification Excellence (Chair), National Wellness Institute**
- 2015-2014 **Convention Program Planning and Review Committee, National Wellness Institute**

Community:

- 2017-2016 **Community Physical Activity Subcommittee (Co-Chair), Get Healthy, Live Well Coalition, Tanner Health Systems**

PROFESSIONAL MEMBERSHIPS/CERTIFICATIONS

- 2022-Present **Mental Health First Aid Instructor, National Council on Mental Well-Being**
- 2021-Present **National Board Certified Health and Wellness Coach (NBC-HWC)**
- 2021-Present **Wellcoaches Certified Health and Wellness Coach**
- 2017-Present **Therapeutic Exercise Specialist, American Council on Exercise**
- 2015-Present **Certified Health Coach, American Council on Exercise**
- 2015-Present **Kids-N-Fitness Trainer, Children's Healthcare of Los Angeles**
- 2015-Present **Sports Injury Specialist, National Exercise and Sports Trainers Association**
- 2014-Present **Lifestyle Coach, CDC National Diabetes Prevention Program**
- 2014-Present **Certified Worksite Wellness Specialist, National Wellness Institute**
- 2014-Present **Fitness Nutrition Specialist, American Council on Exercise**
- 2013-Present **Certified Wellness Practitioner, National Wellness Institute**
- 2003-Present **Basic Life Support Instructor, American Heart Association**
- 2021-2022 **American College of Lifestyle Medicine – Affiliate Member**
- 2018-2019 **Credentialing Specialist, Institute for Credentialing Excellence**
- 2015-2013 **Certified Personal Trainer, National Council for Strength and Fitness**
- 2014-2008 **Golf Teaching Professional, United States Golf Teaching Federation**