

DEPARTMENT OF KINESIOLOGY

Purposes

- To prepare students for careers in physical therapy, physician assistant, medicine, occupational therapy, athletic training, teaching, coaching, and fitness and wellness occupations.
- To provide students the opportunity to participate in a program designed to aid in the development of physical efficiency, healthful living, social cooperation and individual activity for the enjoyable and intelligent use of leisure time.
- To introduce students to the potential benefits of a stimulating systemic exercise program.

Tradition of Excellence

The Department of Kinesiology offers students many unique opportunities. Students participate with experienced and nationally recognized professors in a dynamic, hands-on educational experience. The faculty gives the students a deep insight into the area of health, sports medicine, physical fitness, strength and conditioning, and teaching or coaching making the program perfect for a variety of interests. In addition, the Health and Human Performance major can lead students into our accelerated 3+2 athletic training dual degree program. Students complete a B.A. in Health and Human Performance and also earn their Master of Science in Athletic Training through our program. As part of the educational program, students participate in practical laboratory and internship programs guided by practicing clinicians, observation and participation in hospitals and physical therapy centers, observation of surgery and special lecture series with medical doctors and other medical experts. The kinesiology laboratories also serve as a hallmark of excellence with state-of-the-art gross anatomy, biomechanics, exercise physiology, and sports science laboratories students will be trained by experts in each field using advanced equipment. Students interested in emergency medicine or those needing clinical hours for graduate school can take our Emergency Medical Technician courses and become a registered EMT in a single semester. Finally, our Scholars Pathways that lead undergraduate students directly into our graduate health science programs including Athletic Training, Occupational Therapy, and Physician Assistant are fantastic opportunities for students committed to graduate training in health science.

Career Opportunities

Graduates of the Department of Kinesiology are prepared for a variety of opportunities that await them after leaving PLNU. Many students go on to graduate schools in physical therapy, athletic training, physician assistant, exercise physiology and medical school. Other students become teachers and/or coaches. Still others go on to work as program directors at hospitals and sports clinics. With the experiences and education found at PLNU, the opportunities in fields related to Kinesiology become reality.

Faculty

Chair - Brandon Sawyer, Ph.D.

Arnel Aguinaldo, Ph.D.
Concordia University Chicago

Brent Alvar, Ph.D.

Program Director MS in Kinesiology
Arizona State University

Ted Anderson, Ph.D.
Texas A&M University

Jerry Arvin, M.S.
Butler University

Nicole Cosby, Ph.D.
Program Director MS in Athletic Training
University of Virginia

Ann Davis, M.Ed.
National University

Jacob Goodin, Ph.D.
Eastern Tennessee State University

Richard Hills, M.A.
San Diego State University

Heidi Lynch, Ph.D.
Arizona State University

Jessica Matthews, D.B.H.
Program Director MS in Kinesiology, Integrative Wellness
Arizona State University

Ryan Nokes, Ph.D.
Rocky Mountain University

Brandon Sawyer, Ph.D.
Arizona State University

Kirsten Snyman, Ph.D.
University of Nebraska-Lincoln

Cynthia Swann, M.S., R.D., CDCES
Program Director, Dietetics
San Diego State University
American Dietetic Association

Alisa Ward, Ph.D.
Rocky Mountain University of Health Sciences

To view requirements for majors, minors, and certificates, see the Degree Program Information (<https://pointloma-public.courseleaf.com/prior-catalogs/2023-2024/tug-catalog/degree-program-information/>) page.

- Applied Health Science, B.S. (<https://pointloma-public.courseleaf.com/prior-catalogs/2023-2024/tug-catalog/colleges-schools-departments/chs/kin/applied-health-science-bs/>)
- Dietetics, B.S. (<https://pointloma-public.courseleaf.com/prior-catalogs/2023-2024/tug-catalog/colleges-schools-departments/chs/kin/dietetics-bs/>)
- Health and Human Performance, B.A. (<https://pointloma-public.courseleaf.com/prior-catalogs/2023-2024/tug-catalog/colleges-schools-departments/chs/kin/health-human-performance-ba/>)
- Nutrition, B.A. (<https://pointloma-public.courseleaf.com/prior-catalogs/2023-2024/tug-catalog/colleges-schools-departments/chs/kin/nutrition-ba/>)

- Data Analytics Minor (<https://pointloma-public.courseleaf.com/prior-catalogs/2023-2024/tug-catalog/colleges-schools-departments/chs/kin/data-analytics-minor/>)
- Nutrition Minor (<https://pointloma-public.courseleaf.com/prior-catalogs/2023-2024/tug-catalog/colleges-schools-departments/chs/kin/nutrition-minor/>)