

# DEPARTMENT OF KINESIOLOGY AND HEALTH SCIENCES

## Purposes

- To prepare students for careers in physical therapy, physician assistant, medicine, occupational therapy, athletic training, strength and conditioning, sport science, firefighting, paramedics, teaching, coaching, and fitness and wellness occupations.
- To offer students a range of experiential learning opportunities, including internships, laboratory work, and clinical experiences, to apply their theoretical understanding in real-world settings and build practical competencies.
- To inspire students to pursue vocations in health and sport science fields that align with their calling to serve others, supported by mentorship, faith-based guidance, and resources that emphasize holistic well-being and the Christian mission to uplift individuals and communities.

## Tradition of Excellence

The Department of Kinesiology and Health Sciences offers students many unique opportunities through a Bachelor of Science in either Health Science or Sport Science. 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 Science major can lead students into our accelerated 3+2 athletic training dual degree program. Students complete a B.S. in Health Science and also earn their Master of Science in Athletic Training through our program. Students in the Sport Science major have opportunities to become a certified strength and conditioning coach through our Strength and Conditioning concentration or earn a teaching credential through our blended program with the School of Education. 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 sport 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 students in undergraduate programs 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 and Health Sciences 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, strength and conditioning, biomechanics, wellness, and medical school. Other

students become teachers and/or coaches. Students can also obtain their graduate degrees through the College of Health Sciences right here at PLNU. 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 and Health Sciences become reality.

## Faculty

Arnel Aguinaldo, Ph.D.  
*Concordia University Chicago*

Brent Alvar, Ph.D.  
**Associate Dean, Research, Grants, and Partnerships**  
**Program Director MS in Kinesiology**  
*Arizona State University*

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

Ross Brunett, DPT, PT, ATC  
*University of Southern California*

Nicole Cosby, Ph.D.  
**Associate Dean, Faculty Development**  
**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 Integrative Wellness**  
*Arizona State University*

Ryan Nokes, Ph.D.  
*Rocky Mountain University*

Brandon Sawyer, Ph.D.  
**Associate Dean of Operations**  
**Undergraduate Department Chair**  
*Arizona State University*

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

Antonio Squillante, Ph.D.  
*University of Southern California*

Jeff Sullivan, PhD, ATC  
**Dean, College of Health Sciences**  
*Oregon State University*

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/tug-catalog/degree-program-information/>) page.

- Dietetics, B.S. (<https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/chs/kin/dietetics-bs/>)
- Health Science, B.S. (<https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/chs/kin/health-science-bs/>)
- Sport Science, B.S. (<https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/chs/kin/sport-science-bs/>)
- Data Analytics Minor (<https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/chs/kin/data-analytics-minor/>)
- Nutrition Minor (<https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/chs/kin/nutrition-minor/>)
- Sports Medicine Minor (<https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/chs/kin/sports-science-minor/>)
- Emergency Medical Technician (EMT) Certificate (<https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/chs/kin/emt-certificate/>)