

# Kinesiology



Kinesiology professors train you in the scientific study of human movement and celebrate God's greatest creation: the human body.

Passionate about their field, professors work closely with you in class and involve you in their research projects. Personal, interactive and relevant classes expose you to the entire umbrella of kinesiology—biophysical, behavioral and sociocultural—and help you dig deeper into your studies. Internships give you opportunities to observe and assist a variety of health professions and develop your own career path. Westmont's excellent reputation with top graduate schools assists you in continuing your education through graduate programs.

## SELECTED COURSES

- Human Anatomy
- Human Physiology
- Motor Behavior
- Physiology of Exercise
- Biomechanics
- Psychology of Movement
- Sociology of Movement and Health
- Special Populations

## CAREER PATHS

- Physical Therapy
- Occupational Therapy
- Physician
- Physician Assistant
- Nursing
- Personal Training
- Chiropractic
- Athletic Training
- Exercise Physiology
- Cardiac Rehabilitation
- Public and Global Health
- Gerontology

## FACULTY HIGHLIGHTS



GREGG AFMAN, ED.D.

Takes students overseas for research with European exercise scientists



ISAAC GOMEZ

Challenges students to learn the principles and applications of human movement



RUSSELL SMELLEY, M.ED.

Infuses ideals of character in his teaching and coaching



DAVE WOLF, M.A.

Applies theories of psychology as they relate to movement and sport



CYNTHIA TOMS, PH.D.

Inspires global health students to be involved locally and throughout the world



TIMOTHY VAN HARTSMA, PH.D.

Runner interested in how the mind influences exercise



OGECHI NWAOKEME, PH.D.

Helps students make connections between the classroom and the local community



ADAM GOODWORTH, PH.D.

Applies engineering approaches to investigate human movement and balance control

## OPPORTUNITIES ABROAD



- Westmont's Europe Semester
- Westmont's Global Health Uganda
- Creation Care Studies Program, Belize
- Westmont in Mexico
- Latin America Studies Program, Costa Rica (CCCU)
- Creation Care Studies Program, New Zealand
- Kinesiology in the UK

## ALUMNI

After graduating from Westmont in 2002, **Allison Sandquist** spent a year working and enjoying Santa Barbara before she started the physical therapy program at Chapman University. She graduated from Chapman with her doctorate degree in physical therapy in 2006 and worked for Hayashida and Associates in Santa Barbara as a physical therapist

for six years. During that time she became certified as an orthopedic specialist (OSC), competitively raced outrigger canoes for the Santa Barbara Outrigger Canoe Club, and coached pole-vault at Westmont. In 2012, Allison and her husband moved to New Zealand where she works on and off as a physiotherapist.



**WESTMONT**

[westmont.edu/kinesiology](http://westmont.edu/kinesiology)