

# **Alyse P. Wallace, MS, CSCS**

*Updated November 2024*

## **Adjunct Lecturer**

Department of Kinesiology, Westmont College

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## **RESEARCH INTERESTS**

Women's health; Women's physiology; Women's response to exercise & nutrition; Sports Performance; Nutrition & Performance; Fascia & Performance; and Strength & Conditioning

## **SPECIALIZATIONS & SKILLS**

Strength & Conditioning; Research; Women's health

## **EDUCATION**

**Ph.D.** Exercise Science (TBD)

**M.S.** Sports Performance, Point Loma Nazarene University, San Diego CA (2022)

Thesis: Training effects of eccentric and accommodated resistance training on lower body strength and power.

**B.S.** Applied Exercise Science, Azusa Pacific University, Azusa CA (2018)

## **FORMAL CONTINUING EDUCATION ASSOCIATED WITH PROFESSIONAL DEVELOPMENT**

A minimum of 60 hours of continuing education (approved by the National Strength and Conditioning Association, NSCA) is required every two years to maintain status as a Certified Strength and Conditioning Specialist (CSCS). Hours have been acquired through attendance of NSCA conferences, clinics, and completed quizzes through the NSCA.

## **PROFESSIONAL CERTIFICATIONS**

Certified Strength and Conditioning Specialist: #7348527714, since 2023

## **ACADEMIC POSITIONS**

**Adjunct Lecturer**, Department of Kinesiology, Westmont College, Santa Barbara, CA

(2024-Present)

**Graduate Assistant**, Department of Kinesiology, Point Loma Nazarene University, San Diego, CA

(2021-2022)

**Teaching Assistant**, Department of Applied Exercise Science, Azusa Pacific University, Azusa, CA

(2017-2018)

## **PROFESSIONAL EXPERIENCE**

**Director of Marketing**, Kona Crown Coffee, Kona, HI & Santa Barbara, CA (2023-present)

**Performance Specialist**, THE LAB, Santa Barbara, CA (2023)

**Assistant Strength and Conditioning Coach**, Point Loma Nazarene University, San Diego, CA  
(2022)

**Head Performance Coach**, San Diego Loyal, San Diego, CA, (2022)

**Gym Manager & Coach**, Innate Fitness, Santa Barbara, CA (2019-2021)

**Myofascial Release Specialist**, Goodland Chiropractic, Goleta, CA, (2018-2020)

## **TEACHING EXPERIENCE**

**2024-Present Department of Kinesiology, Westmont College, Santa Barbara, CA**

*Fitness For Life*: PEA 032, 1 credit

*Swimming Beginner/intermediate*: PEA 015, 1 credit

*Exercise for Females*: KNS 150, 2 credits

## **ACADEMIC ADVISING ACTIVITIES**

2024-Present **Rock-Climbing Club Advisor**, Westmont College, Santa Barbara, CA

2017-2018 **Academic Advisor**, Department of Exercise Science, Azusa Pacific University,  
Azusa, CA