

Alyse P. Wallace, MS, CSCS

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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

Alyse P. Wallace
Curriculum Vitae

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