[Front Cover]

Mind and Body

Turn your passion for sports and exercise into a profession

Department of Kinesiology at Saint Mary's College

[Inside, First Page]

Interested in running a sport or fitness program? Want to work in community, high school, college or professional sports? Investigating a career in sports medicine? Explore a growing field that's producing leaders in sports management, athletic training, health promotion, exercise science and sports medicine. Students interested in studying sport and physical activity find a home in Kinesiology at Saint Mary's College. Choose from two concentrations:

- Sport and Recreation Management
- Health and Human Performance

Kinesiology students have the opportunity to take a variety of classes grounded in the traditions of a liberal arts education. Students focus on people through many perspectives – from anatomy, nutrition and sports medicine to sociology and business -- in a small-classroom, laboratory or field setting.

[Headline] Kinesiology at Saint Mary's – Two Programs to Suit Your Interests

- Sport and Recreation Management Emphasis

Kick-start a career in sport and recreation management by developing leadership skills in fitness, athletics and recreation programs. Take coursework in kinesiology, economics and business administration, and try your hand at an internship to get real-world experience.

- Health and Human Performance Emphasis

Prepare for a career in health and wellness, exercise science or sports medicine while tailoring the program to match your career goals. Many students in the Health and Human Performance emphasis pursue advanced degrees in the sport and exercise sciences.

"The kinesiology department has a unique way of taking each student through the courses. We discuss the material and relate it to our everyday life, and then use that information to analyze a sport event. We also learn from speaking with sports professionals. This not only teaches us about what they do but opens the window of opportunity for jobs after we graduate. " – Heather Silvers '11, Sport and Recreation Management

"I have enjoyed all my classes. Every day is amazingly interesting! I leave my classes having learned so much. I have been exposed to being able to run many types of tests that help people learn what they have to do to live better, healthier and happier lives." – Camila Castaneda '11, Health and Human Performance

"I chose the Kinesiology program because of its Sport and Recreation Management emphasis. This was a field that directly suited my passion and that I want to work in. My favorite class so far has been Sport

Sociology. It was very interesting to observe the tremendous impact that sport has on society." – Dominic Russo '12, Sport and Recreation Management, Economics Minor

"All the professors are really good teachers. They are always willing to help you, and they are always there for their students. The faculty is very passionate about the classes that they are teaching, and you can tell they really love their jobs and what they are doing. – Shayna Wilson '11, Health and Human Performance

[Back Cover]

Engaged Faculty

Working one-on-one with faculty members in a small classroom setting ensures that you get the attention you deserve. Interact with faculty members who are involved in community health programs, intercollegiate sports and professional sports, including the Warriors and the Giants, while doing continual research to contribute to the best practices in the field.

Faculty Contacts

Motor Learning/Biomechanics	Craig Johnson
Social/Historical Aspects of Sport	Deane Lamont
Sport and Exercise Psychology	Steve Miller
Exercise Physiology/Sport Nutrition	Derek Marks, PhD
Sport and Recreation Management	Claire Williams, PhD
Athletic Training/Sports Medicine	Megan Toma, M.S. ATC
Health and Wellness	Sue Johannessen, M.A.
Physical Education and Coaching	Shari Otto, PhD
	Randy Farris, M.S.

Interested in learning more? Visit our website at www.stmarys-ca.edu/kinesiology

Kinesiology Department
P.O. Box 4500
Moraga, CA 94575
(925) 631-4377