

Curriculum Vitae
Timothy Van Haitsma

Home Address:
850 Westmont Road
Santa Barbara, CA 93108
Phone: 616-308-6849

Westmont College
Kinesiology
955 La Paz Rd
Santa Barbara, CA 93108

Education

Doctorate of Philosophy in Exercise and Sport Science (2014)

Emphasis: Exercise Physiology

University of Utah

Dissertation topic: Ion channel gene expression as objective biomarkers of training-induced fatigue.

Advisor: Andrea T. White

Master of Science in Kinesiology (2009)

Major: Exercise Physiology

Indiana University

Thesis: The dose-response relationship of caffeine alone and combined with albuterol on pulmonary function in individuals with exercise-induced bronchoconstriction

University of Utah: 2008-2013

ESS 6350 Instructor: Exercise EKG and Stress Test (3 cr) – 1 semester

ESS 6301/7301 Instructor: Advanced Exercise Physiology Laboratory I (3 cr) – 2 semesters

ESS 6311/7311 Instructor: Advanced Exercise Physiology Laboratory II (3 cr) – 2 semesters

ESS 4301 Instructor: Exercise Physiology Laboratory (3 cr) – 9 semesters

ESSF 1043: Fitness and Jogging

ESSF 1065: Marathon Training

Associate Instructor: Indiana University: 2003-2008

E119 Lecture Instructor: Personal Fitness – 1 semester

P409 Laboratory Class: Basic Exercise Physiology – 2 semesters

E119 Lab Instructor: Personal Fitness

E219: Weight Control and Exercise

E181: Tennis

E133: Fitness and Jogging

E185: Volleyball

E135: Golf

E164: Sailing

E105: Badminton

R110: Introduction to Rock Climbing

R110: Introduction to Whitewater Kayaking

S370: Research Methods of Sociology (Guest Lecturer)

Research

My area of research is currently focused on the effects of exercise on cardiovascular health and the role of genetics in determining individual differences in response to exercise. I have published several papers in the field of exercise physiology and have been involved in several grant projects. I am currently working on a grant to investigate the effects of exercise on the development of cardiovascular disease in young adults.

Van Haitsma, T. A

Shoe study #1 – Metabolic efficiency of three shoes with different stiffnesses. In collaboration with Heeluxe and Skechers. Summer 2017.

“Exercise-Induced Fatigue – What running does to the body,” The Athletic Experience Podcast, hosted by Tom FitzSimons, 5 December 2016.

Undergraduate Mentoring/Presentations

Kajitani SH, Gabriel TJ, Quinn J, Gonzalez SP, **Van Haitsma TA**. The effects of 21 days of mental strength training on performance and physiological variables. Poster Presentation at the Southwest Meeting of the American College of Sports Medicine, Costa Mesa, CA. October 26-27, 2018.

Gabriano EE, Harris J, Swanson J, Shagena B, Luna V, Banez N, Shaw T, Wong E, Clark J, **Van Haitsma TA**. Physiological differences between advanced and novice climbers. Poster Presentation at the Southwest Meeting of the American College of Sports Medicine, Costa Mesa, CA. October 26-27, 2018.

Kemper KB, Striff SM, Joyner BM, Bower PW, **Van Haitsma TA**. Repeatability of maximum voluntary contraction and potentiated twitch following a time trial to fatigue. Poster Presentation at the Southwest Meeting of the American College of Sports Medicine, Costa Mesa, CA. October 16-17, 2015

Joyner BM, Bower PW, Kemper KB, Striff SM, **Van Haitsma TA**. The repeatability of the time

University of Utah, Department of Exercise and Sports Science – Outstanding Graduate Student in Exercise Physiology: Awarded April, 2011.

Peak Academy, University of Utah: Awarded January 2010 for the funding of \$1500. The effects of repeated high intensity intervals on peak and mean sprint power.

School of HPER, Indiana University Research Grant in Aid: Awarded April 2006 for the funding of \$800. The dose-response relationship of caffeine alone and combined with albuterol on pulmonary function in individuals with exercise-induced bronchoconstriction.

School of HPER, Indiana University Travel Grant in Aid: Awarded April 2007 for the funding of \$200.

School of HPER, Indiana University Travel Grant in Aid: Awarded April 2006 for the funding of \$400.

Westmont College Institutional Service

Committees

Institutional Review Board Committee – 2016-Present, Chair 2018-present
Student Life Committee – 2015-2016

Departmental Service

Successful candidate search, 2018-2019, Adam Goodworth, Ogechi Nwaokemele
General Education Review – Fit for Life – 2015-2016
Program Learning Outcome Review – 2016

Service

Faculty representative – Ultimate Frisbee club, Adventure club – 2017-present
Panelist for Praxis workshop –

Chaperone for Spring Formal, April 2016

Interviewer for Augustinian Scholars, February 2016

Hosted International Student Services and GISA Dessert, December 2015

Faculty Assistant for Inoculum, August 2015