

WHO IS NYCC?

CURTIS BELL, MSACN '17

Curtis Bell grew up in the Los Angeles suburb of Inglewood, California. His journey into the health sciences was anything but traditional. In his junior year of high school, he dropped out to join the U.S. Navy, where he was a sonar technician. Upon completion of duty, he returned to school to further his education. With a love of sports and fascination with the human body, Bell enrolled in the University of Southern California and completed a Bachelor of Science in Kinesiology in 1992. He immediately began working with sports medicine and rehabilitation, and has since worked in physical therapy clinics and at every level of competitive sports, from Little League to the Olympics.

A certified athletic trainer and neuromuscular therapist, Bell has been the director of sports performance for the Pittsburgh Penguins, a team of the National Hockey League, since 2012. It was not until December of 2017 that he earned his Master of Applied Clinical Nutrition from New York Chiropractic College.

Bell chose NYCC's nutrition program because it allowed him to continue working full time. He says: "I was also looking for a program that used real science to apply practical nutrition in real-world settings. I really wanted practical applications rather than just theories about nutrition." He enjoys the fact that he now has the knowledge and experience to help athletes achieve their goals on the ice by what they can do together off the ice.

When asked what helped him in his career and what he would recommend to current students, Bell's answer was simple: "Be a learner not a knower. Continue to seek out courses, seminars, and educational opportunities to continue growing and learning. Accept viewpoints from others and never believe you have found the answers. Those are really just more questions."

Mr. Bell sees nutrigenomics and biochemical individuality as the true form of health and wellness, and predicts that these areas of nutrition and diagnostic testing are going to explode in the next decade.

