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KERKSICK NAMED NSCA EDUCATOR OF THE YEAR

July 13, 2020

Chad Kerksick, associate professor of exercise science and director of Lindenwood's Exercise and Performance Nutrition Laboratory, was named Educator of the Year by the National Strength and Conditioning Association. The award was announced virtually on July 8 and recognizes Kerksick's contributions to the NSCA, his community, and to education and clinical application of strength training and conditioning.

"Congratulations to Dr. Kerksick for this well-deserved award," said NSCA Executive Director Michael Massik. "He has changed many lives and exemplifies what it is to be an NSCA professional. We are proud to have him as a member."

Kerksick's research at Lindenwood focuses on the impact of exercise and nutritional interventions on health and performance in healthy, competitive and clinical populations. In addition to teaching at the undergraduate and graduate level, Kerksick directs the research conducted in the EPNL. He involves students in original scientific research projects and serves on thesis committees for several graduate students each year. He uses research as an educational tool, and a way to help students develop a deeper understanding of the content taught in the classroom.

"I am excited to be recognized by the NSCA as their Educator of the Year," Kerksick said. "The award represents valuable recognition of the transformative potential the research process and evidence-based education can have on learning as well as the significant support and investment provided by our faculty and administration to deliver these learning opportunities."

Kerksick will be recognized in-person during the 2021 Annual NSCA National Conference. He has published over 90 articles in peer-reviewed scientific journals, given over 150 research presentations, authored multiple chapters, and edited two books on sports nutrition. He currently serves on the NSCA Foundation Board of Directors and is a Senior Associate Editor for *The Journal of Strength and Conditioning Research* and an Associate Editor of *Strength and Conditioning Journal*.