

# 2011 NSCA Award Recipient Biographies



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Joel T. Cramer, PhD, CSCS, \*D, NSCA-CPT, \*D, FNCSA  
*2011 JSCR Editorial Excellence Award and NSCA Nutritional Research Award*

Joel Cramer is an Associate Professor in the Department of Health and Human Performance at Oklahoma State University. In 1997, Dr. Cramer received a Bachelor's degree in Exercise Science from Creighton University, a Master's degree in 2001 from the University of Nebraska-Lincoln (UNL), and a Doctorate in Exercise Physiology in 2003, also from UNL. Dr. Cramer has authored or co-authored over 125 indexed, peer-reviewed, scientific research articles on topics ranging from the safety and efficacy of nutritional supplements to the neuromuscular effects of resistance training and stretching. Since becoming a member of the NSCA in 1994, he has won the NSCA Student Research Award in 2000, the NSCA Young Investigator Award in 2005, the NSCA President's Award in 2009, the JSCR Editorial Excellence Award in 2011, and the NSCA Nutritional Research Award in 2011.



Duncan N. French, PhD, CSCS  
*2011 JSCR Excellence Editorial Award*

Dr. Duncan French is a senior lecturer in strength and conditioning at Northumbria University, UK. He has over 12yrs experience in the delivery of strength and conditioning strategies to elite athletes. Prior to joining Northumbria University, Dr. French worked for 7yrs with the English Institute of Sport as a Senior Strength and Conditioning Coach. His resume includes work with Olympic, World Championship, and Commonwealth Games medallists, as well as a current world record holder. For the past 6yrs Dr. French has acted as the national lead for strength and conditioning to the Olympic basketball program in Great Britain, and in 2006 he was the Head of Strength and Conditioning for England's men's and women's basketball national teams that won bronze medals at the XVIII Commonwealth Games in Melbourne, Australia. Currently, Dr. French acts as the strength and conditioning coach to the Newcastle United Football Club in the English Premier League.

Dr. French gained his Doctoral degree in Exercise Physiology from the University of Connecticut, USA, under the mentorship of Dr. William Kraemer. His research interests lie in the fields of neuroendocrine responses to resistance training, strength and conditioning, muscle physiology, and mechanisms of recovery and regeneration. Dr. French has authored/co-authored over 40 peer-reviewed scientific manuscripts and four book chapters, and presented work at scientific congresses throughout Europe, North America and Asia. Dr. French currently serves as an Editorial Board member for the Journal of Strength and Conditioning Research and the International Journal of Sports Physiology and Performance. He is a Certified

Strength and Conditioning Specialist® (CSCS®) with the NSCA, a fully accredited strength and conditioning coach with the UKSCA, and holds a USA weightlifting club coach certification. He is also BASES accredited for Exercise Physiology (support and research). Dr. French was a founding member of the UK Strength and Conditioning Association, has sat on the Board of Directors since 2008 and has been a member of the NSCA since 1999.



Julia Girman, CSCS

*2011 Student Research Poster Presentation | Masters*

Julia Girman has always had a passion for physical fitness and sport performance. She began participating in sports at the early age of six and continued her competitive athletic career in soccer and swimming at Gettysburg College where she graduated as Salutatorian of the Class of 2003 with her Bachelor of Arts degree in Biology and Exercise Science. In 2006, Girman began her specialization in Strength and Conditioning for Sports Performance while working as the Assistant Women's Soccer Coach at Gettysburg College, and in 2007, she began working towards a Master's degree in Strength and Conditioning at Springfield College. At Springfield College, Girman worked as a Graduate Assistant Skills Instructor and as the Graduate Associate Strength and Conditioning Coach for women's basketball, softball, men's soccer, men's gymnastics, football, baseball, and the men's sprinters and jumpers, in addition to serving as an Intern Strength and Conditioning Coach at Holy Cross University and with the Rutgers University football team. In 2010, Girman commenced her professional career as Head Strength and Conditioning Coach at Conca Sport and Fitness, West Springfield, MA, while working diligently to complete her Master's degree. In May 2011, Girman completed her research on the "Effects of Cluster Sets on Endocrine Hormones, Blood Lactate, and Lower Body Power During Hypertrophy Training," which she just recently presented at the National Strength and Conditioning Association (NSCA) National Conference in July 2011.



Lee Anthony Glass, MS Ed, CSCS  
*2011 State/Provincial Director of the Year*

Anthony Glass, a native of Granite Falls, NC, is in his 11th year as Director of Strength and Conditioning for Olympic Sports at Ohio State University (OSU) where he oversees all aspects of the Buckeye's strength training program. Prior to OSU he spent four and a half years as Director of Strength and Conditioning for Olympic Sports at the University of Georgia (1996 – 1999), and one year as Assistant Strength and Conditioning Coach at Boston College (1995 – 1996). Glass also worked as a weight training instructor for the Department of Physical Education for three years and as a Graduate Assistant Strength Coach with strength and conditioning for one year at Northern Illinois University (1992 – 1995). Prior to 1992, Glass served one year as Head Strength and Conditioning Coach for Lenoir-Rhyne College in Hickory, NC (1991). He holds a Bachelor of Science degree in Physical Education with a concentration in Exercise Science

from Appalachian State University (ASU), as well as a Master of Science degree in Physical Education, with areas of interest in coaching and sport biomechanics from Northern Illinois University (NIU). Glass has authored and co-authored a number of articles for strength training journals and newsletters. Glass has trained 30 conference championship teams, nine national championship teams and numerous Olympic and professional athletes. He has also trained over 100 All-Americans from 19 different sports. He holds certifications through the National Strength and Conditioning Association (NSCA), Collegiate Strength and Conditioning Coaches Association (CSCCa), USA Weightlifting (USAW) as well as the American College of Sports Medicine (ASCM).



G. Gregory Haff, PhD, CSCS,\*D, FNCSA  
*2011 William J. Kraemer Outstanding Sport Scientist of the Year*

Dr. G. Gregory Haff is a senior lecturer and the course coordinator for the Master's of Sport Science Program in Strength and Conditioning at Edith Cowan University in Joondalup, Australia. In 2011, he received the William J. Kraemer Outstanding Sport Scientist of the Year Award from the National Strength and Conditioning Association (NSCA). The NSCA previously recognized his efforts in research when it named him the Young Investigator Award winner in 2001. He served as the Vice President of the NSCA from 2009 – 2010, Assistant Editor and Chief for the Strength and Conditioning Journal and Associate Editor for the Journal of Strength and Conditioning Research. He is also a Certified Strength and Conditioning Specialist® (CSCS®) with Distinction, a founding Fellow of the NSCA, and an accredited member of the United Kingdom Strength and Conditioning Association. He is a USA Weightlifting Regional Weightlifting Coach and has served as an outside scientist with the United States Olympic Training Centers Performance Enhancement Teams for track, cycling, and weightlifting.



William J. Hanney, IV, DPT, CSCS  
*2011 SCJ Editorial Excellence Award*

William J. Hanney, DPT, ATC, CSCS is a clinician, researcher and educator who currently serves as an instructor of physical therapy at the University of Central Florida. Dr. Hanney earned his undergraduate degree from the University of West Florida for studies in sports medicine/athletic training. He earned his Master's and Doctoral degree of Physical Therapy from the University of St. Augustine for Health Sciences. He is currently a PhD candidate at Nova Southeastern University with research interests in identifying predictive variables for patients with neck pain likely to benefit from an exercise-based treatment program. Dr. Hanney is a manuscript reviewer for the SCJ as well as Physical Therapy Reviews. He also received the 2010 Young Investigator grant from the Orthopaedic section of the American Physical Therapy Association. Dr. Hanney has been a member of the NSCA since 1994.



Everett Harman, PhD, CSCS, NSCA-CPT  
*2011 Boyd Epley Lifetime Achievement Award*

Dr. Everett Harman received a Bachelor's degree in Psychology from Brooklyn College, a Master's degree in Psychology from Long Island University, and an advanced certificate in school psychology from the City College of New York. After working as a social investigator, teacher, and guidance counselor, he fell in love with exercise science, in which he earned a PhD at the University of Massachusetts. He served for 24 years as a research physiologist for the United States Army, conducting studies in biomechanics and exercise physiology, producing many scientific presentations and publications. Much of his research evaluated the effectiveness of training programs for improving military physical performance. He has been very active in the National Strength and Conditioning Association (NSCA) for more than 25 years, serving on the NSCA Board of Directors as Vice President for Research, and as a member of several different committees including the Certified Personal Trainer Exam Development Committee. He also received an NSCA Outstanding Sport Scientist of the Year Award. His latest efforts have included the development of a website, [mens-fitness-and-health.com](http://mens-fitness-and-health.com), and a blog, [mens-fitness-and-healthdotcom.blogspot.com](http://mens-fitness-and-healthdotcom.blogspot.com), in which he seeks to inform the public with unbiased, science-based information on physical fitness, health and nutrition, including relevant research published by the NSCA, and plans to remain active in the NSCA and in the broader fitness and health community.



Trent Herda, PhD

*2011 Student Research Oral Presentation | Doctoral*

Trent Herda received his PhD in the Department of Health and Exercise Science at the University of Oklahoma under the mentorship of Dr. Joel Cramer. He received a Bachelor's degree in Exercise Science from the University of Sioux Falls, Sioux Falls, SD, and a Master's degree in Exercise Physiology from the University of Oklahoma, Norman, OK. He accepted an assistant professor position at the University of Kansas, Lawrence, KS for 2011. His primary research interests include non-invasive assessment of muscle function with surface electromyography (EMG) and mechanomyography (MMG) and the acute effects of vibration and stretching on mechanical and neural components of muscle contraction.



Kristina Kendall, MS, CSCS

*2011 Student Research Poster Presentation | Doctoral*

Krissy Kendall is currently working on her Doctorate degree at the University of Oklahoma where she is coordinator of the Metabolic and Body Composition Laboratory. She received her Bachelor's degree in Health and Exercise Science as well as a Master's degree in Exercise Physiology from the University of Oklahoma under the mentorship of Dr. Jeffrey Stout. Kendall's research is focused on nutritional and training interventions to improve performance and body composition as well as weight management for weight class athletes. She has been a member and contributor to several scientific communities, including NSCA, ACSM, and ISSN and continues to publish research through various peer-reviewed journals.



John P. McCarthy, PhD, PT, CSCS,\*D, FNCSA  
*2011 Retiring Board Member*

Dr. John McCarthy is an Associate Professor in the Department of Physical Therapy at the University of Alabama at Birmingham and has more than 20 years of experience in both the practical and scientific aspects of resistance training. He currently teaches a variety of exercise science graduate courses and serves as the Director of the Human Performance Laboratory where he conducts research on physiological and performance adaptations associated with resistance and concurrent resistance and aerobic exercise.

Dr. McCarthy is a Fellow of the National Strength and Conditioning Association (NSCA) and has been a Member for more than 25 years. He has previously served as the NSCA Wisconsin State Director, a member of several national committees, and recently completed terms as the Secretary/Treasurer and member of the Board of Directors. Dr. McCarthy currently serves on the editorial boards for the Journal of Strength and Conditioning Research, the Strength and Conditioning Journal, and the Journal of Orthopaedic and Sports Physical Therapy. Earlier this month he travelled to China and assisted teaching the CSCS Exam Preparation Course for NSCA-Shanghai. On the practical side, a major part of his life is hardcore training in the weight room and working with a variety of athletes, students, and individuals on their strength and conditioning regimens. Dr. McCarthy notes the NSCA has had a profound impact on his professional life, and helped him develop wonderful friendships with numerous NSCA Members.



Danny McMillian, DPT, CSCS  
*2011 President's Award*

Dr. Danny McMillian is currently on faculty at the University of Puget Sound, School of Physical Therapy, in Tacoma, WA. His primary areas of instruction are therapeutic exercise and sports medicine. Dr. McMillian is an Orthopedic Clinical Specialist and Certified Strength and Conditioning Specialist® (CSCS®). He received his Bachelor of Arts degree in English from the University of Texas-San Antonio in 1989, and his entry-level Master's degree in Physical Therapy from Baylor University in 1991. In 2003, he completed the U.S. Army-Baylor University Residency Program in Physical Therapy-Sports Medicine, receiving the Doctor of Science degree. In 2009, he received the Sports Medicine-Rehabilitation Specialist of the Year award from the National Strength and Conditioning Association (NSCA). That same year, he retired from the U.S. Army. His last assignment was with the 75th Ranger Regiment where he was the Director of the Ranger-Athlete-Warrior human performance program. He remains actively involved with the NSCA and Department of Defense through consultation and performance-oriented training courses. He has lectured extensively on injury prevention, sports rehabilitation, and physical readiness program development.



Gregory D. Myer, PhD, CSCS

*2011 Sports Medicine/Rehabilitation Specialist of the Year*

Dr. Gregory Myer is currently the Co-Director of Research for the Division of Sports Medicine at Cincinnati Children's Hospital Medical Center and maintains his primary faculty appointment in the departments of Pediatrics and Orthopaedic Surgery in the College of Medicine at the University of Cincinnati. Dr. Myer has published more than 100 articles in peer-reviewed medical journals and has published a book and several book chapters related to his research on the biomechanics of knee injury, sports performance and knee injury prevention training. In 2004, Dr. Myer received the O'Donoghue Sports Injury Research Award and in 2010, the NCAA Research Award both from the American Orthopaedic Society for Sports Medicine. In 2005, the Journal of Athletic Training's Clint Thompson Award recognized him for his work on defining the rationale behind development of ACL prevention strategies. In the past year, the National Strength and Conditioning Association (NSCA) recognized Dr. Myer for outstanding research presentation and the National Athletic Training Association (NATA) recognized him for his contributions to clinical advancements

in the field. At the 2010 American College of Sports Medicine National Meeting, he was recognized by the Biomechanics Interest Group for outstanding research in the development of clinic based prediction tools for ACL injury risk. Dr. Myer is serving or has served as a co-investigator on seven nationally funded grants focused on ACL injury, ACL prevention and ACL rehabilitation which have contributed nearly three million dollars in direct costs to his institution's research agendas. His work in the Human Performance Laboratory allows him to integrate the most advanced research findings into athletic development and ACL injury prevention training protocols. He works with athletes from preadolescence to professional level and speaks to clinicians and practitioners across the country seeking to update their own training programs.



Mike J. Nitka, MS, CSCS,\*D, FNSCA, RSSC\*E  
*2011 Retiring Board Member*

Mike Nitka has been a member of the Muskego High School Physical Education Department for the past 35 years. His mission has been to improve the level of fitness in all athletes and unify the strength and conditioning programs for the department and all athletic teams. With the support of his administration, he has worked tirelessly to develop two new courses called Human Performance 1 and 2 and has also supervised the expansion of the weight room to its current size of 5,200 sq ft. Nitka joined the National Strength and Conditioning Association (NSCA) in 1985, earned his Certified Strength and Conditioning Specialist® (CSCS®) in 1988, and the FNSCA in 2008. He has chosen to be very active in the organization by volunteering to chair the High School Special Interest Group, participate on the Conference Committee, Student Assistance Committee, three Strategic Planning Committees, and has twice served as a member of the NSCA Board of Directors. Nitka has been a supporter of all high school issues since becoming a member and for his work was presented with the NSCA Presidents Award in 2000 and voted by his peers as the NSCA Strength and Conditioning Professional of the Year-High School Affiliated in 1996. Muskego High School won the Strength of America Award in 2010 – 2011 placing it among the best in the United States.



Chris Parchmann, CSCS, NSCA-CPT  
*2011 Student Research Oral Presentation | Masters*

Chris Parchmann is from Rocky Hill, CT but resides in Boston, MA. Parchmann is a Certified Strength and Conditioning Specialist® (CSCS®) and NSCA-Certified Personal Trainer® (NSCA-CPT®) through the National Strength and Conditioning Association (NSCA). He earned a Bachelor's degree in Kinesiology from the University of Connecticut in 2007. He earned a Master's degree in Exercise Science from Appalachian State University in 2011 where he was a Graduate Assistant Strength and Conditioning Coach. He worked as a strength and conditioning coach for various sports at Appalachian State University including women's basketball, men's and women's tennis, and men's and women's golf. Parchmann currently works as a personal trainer in Boston, MA.



Eric D. Ryan, PhD, CSCS, NSCA-CPT  
*2011 Terry J. Housh Outstanding Young Investigator of the Year*

Eric Ryan is currently the Stallings Fellow Assistant Professor in the Department of Exercise and Sport Science at the University of North Carolina at Chapel Hill. Dr. Ryan completed his undergraduate work in Exercise Science at Tulane University in 2003, earned his Master's degree in Exercise Physiology from Florida Atlantic University in 2005, and completed his Doctorate in Exercise Physiology from the University of Oklahoma in 2009. His research includes the non-invasive assessment of muscle function, human performance, and sports nutrition and has published over 40 peer-reviewed journal articles.



Brad Schoenfeld, MSc, CSCS, NSCA-CPT  
*2011 NSCA Nutritional Research Award*

Brad Schoenfeld is an internationally renowned fitness expert and widely regarded as one of the leading authorities on body composition training (muscle development and fat loss). He is a lifetime drug-free bodybuilder, and has won numerous natural bodybuilding titles including the ANPPC Tri-State Naturals and USA Mixed Pairs crowns. He has been published or appeared in such publications as Shape, Self, Fitness, Oxygen, Musclemag, Men's Fitness, Ironman, Men's Workout, Ms. Fitness, Natural Bodybuilding and Fitness, Ladies Home Journal, Redbook, Cosmopolitan, Marie Claire, Woman's Day, Exercise and Health, New York Times, New York Daily News, Gannett Suburban Papers, Washington Post, Chicago Tribune and many others. He is a regular columnist for Fitness Rx Magazine and a featured fitness expert for many popular websites including Bodybuilding.com, T-Nation.com, Diet.com, and others. He served as a fitness correspondent for News 12 (Westchester, NY) and has been featured on hundreds of television shows including FOX News Channel, CNN Headline News, CBS Evening News, UPN News, Good Day New York, Good Day LA, CBS New York Live, NBC Live at Five, and Today in New York, as well as hundreds of radio programs across the country. In addition, he lectures throughout the world on fitness and nutrition, both on the professional and consumer levels.

Schoenfeld is President of Global Fitness Services, a diverse, multifaceted fitness corporation with several divisions. The consulting division, Fitness Design Concepts, provides a variety of consulting services to corporations, institutions and other entities. The media division, Fitness Media Services, produces

the Hot-Bod Newsletter and the award-winning Workout911.com blog. The training division provides private training and consultation, including competition coaching for high-level physique athletes and bodybuilders.

Schoenfeld earned his Master's degree in Kinesiology/Exercise Science from the University of Texas, and his thesis, "The Mechanisms of Muscle Hypertrophy and Their Application to Resistance Exercise" was accepted for publication in the prestigious Journal of Strength and Conditioning Research. He is a Certified Strength and Conditioning Specialist® (CSCS®) by the NSCA and is triply certified as a personal trainer by the NSCA, ACE, and CanFitPro. He was named the 2011 NSCA Personal Trainer of the Year. He is a member of IDEA Health and Fitness Association, which has bestowed upon him the title of Master Trainer—the highest ranking possible. He has published over 20 peer-reviewed scientific articles on a variety of fitness topics. He also serves as associate editor for the NSCA Strength and Conditioning Journal and was the invited guest editor for their special issue on personal training. He is currently pursuing his PhD in Exercise Science at Rocky Mountain University, with a research focus on methods for maximizing the hypertrophic response to exercise.

Schoenfeld is widely regarded as a "trainer of trainers." He is a lecturer at Lehman College in Bronx, NY, and an adjunct professor at Mercy College in Dobbs Ferry, NY as well as Westchester Community College.



Matt Stock, MS, CSCS

*2011 Student Research Oral Presentation | Doctoral*

Matt Stock is a Doctoral candidate in the Department of Health and Exercise Science at the University of Oklahoma under the mentorship of Dr. Travis Beck. Stock earned a Master of Science degree in Exercise Physiology from the University of Nevada, Las Vegas in 2008 and a Bachelor of Science in Exercise Science and Health Promotion from Florida Atlantic University in 2006. Stock has been a certified member of the National Strength and Conditioning Association (NSCA) since 2005. Prior to his time at OU, Stock worked as a strength and conditioning coach in both Florida and Nevada. His main research interests include evaluation of muscle function using electromyography and mechanomyography.



Jeffrey R. Stout, PhD, CSCS, \*D, FNSCA  
*2011 Retiring Board Member*

Jeffrey Stout is currently an Associate Professor and Director of the Metabolic and Body Composition Laboratory in the Department of Health and Exercise Science at the University of Oklahoma. Dr. Stout has published over 200 research studies, presentations, books and book chapters that have focused on nutrition, exercise performance, muscle function and body composition in young and elderly populations. Currently, Dr. Stout enjoys mentoring his graduate students who help to manage the various research activities in the Metabolic and Body Composition Laboratory. He also competes as a master's athlete in the Olympic sport of Judo where he is a Black Belt (Shodan).