

**PRESS RELEASE
FOR IMMEDIATE RELEASE**

June, 2020

National Strength and Conditioning Association (NSCA) Celebrates 2020 Nutritional Research Achievement Award Winner Andrew Jagim, PhD, CSCS,*D

Colorado Springs, CO – The National Strength and Conditioning Association is proud to announce that Dr. Andrew Jagim has been selected as the NSCA’s Nutritional Research Award winner for 2020. Jagim becomes the 17th recipient of the award, which has been handed out since 2003. Award winners are selected by a volunteer committee, the NSCA’s Research Committee and past recipients of this award, who determine the winner based on their contributions to the NSCA, their community, and contributions in the field of nutritional research for athletes.

Jagim is currently the Director of Sport Medicine Research for the Mayo Clinic Health System in La Crosse, WI. He earned his Bachelor’s degree in Physical Education and Exercise Science at the University of North Dakota and later completed a Master’s degree in Human Performance at the University of Wisconsin – La Crosse. He went on to complete his PhD in Kinesiology with an emphasis in Exercise Physiology at Texas A&M University, working under Dr. Richard Kreider in the Exercise and Sport Nutrition Lab. His primary research area focuses on the nutritional requirements, knowledge and intake of athletes and relationships between performance and health. He also has a focused interest on the safety and efficacy of dietary supplements. This work has led to several publications in peer-reviewed journals and presentations at multiple national conference events. He is currently investigating the prevalence of low energy availability in collegiate athletes in addition to examining the impact of nutritional supplementation on recovery following surgery.

Jagim is also a Certified Strength and Conditioning Specialist with Distinction through the NSCA and a Certified Sports Nutritionist through the International Society of Sports Nutrition. In addition to his time spent with research, Jagim has worked as a personal trainer and a sports nutrition consultant for a variety of clients and athletes. He currently sees patients looking for consultation regarding sports nutrition and training strategies in the Sports Medicine Department for Mayo Clinic Health System in La Crosse, WI. Jagim is also a co-host for the podcast Clinically Pressed which is focused on the translation of research findings for athletes, coaches, and exercise enthusiasts.

“Congratulations to Andrew 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.”

Due to the cancellation of the year’s National Conference because of the public health concerns of COVID-19, Andrew Jagim will receive special recognition of his 2020 accomplishment at the 2021 Annual NSCA National Conference which will be held next year in Orlando, FL from July 7 – 10. The conference brings together the best of the best from all reaches of the strength and conditioning industry to provide an educational experience unlike any other. From cutting-edge presentations to dynamic hands-on sessions by renowned professors, researchers, strength coaches, and personal trainers, attendees receive the tools to help expand their knowledge and further their careers. The NSCA is the worldwide authority on strength and conditioning, and for more information regarding NSCA and their awards, please visit www.nsc.com.

Media Note: To schedule an interview with the award winner, contact Marketing@nsc.com.

ABOUT THE NATIONAL STRENGTH AND CONDITIONING ASSOCIATION



everyone stronger

Founded in 1978, The National Strength and Conditioning Association (NSCA) is a nonprofit association dedicated to advancing the strength and conditioning and related sport science professions around the world.

The NSCA exists to empower a community of professionals to maximize their impact through disseminating evidence-based knowledge and its practical application by offering industry-leading certifications, research journals, career development services, networking opportunities, and continuing education. The NSCA community is composed of more than 60,000 members and certified professionals throughout the world who further industry standards as researchers, educators, strength and conditioning coaches, performance and sport scientists, personal trainers, tactical professionals, and other related roles.