

*SHAWN M. ARENT, PHD, CSCS,*D, FACSM, FISSN, FNAK*

Education

2002 – Doctor of Philosophy in Exercise Science – Arizona State University

1998 – Master of Science in Exercise Science and Physical Education – Arizona State University

1995 – Bachelor of Science in Psychology – The University of Virginia

Personal Bio


Dr. Shawn M. Arent is Professor and Chair of the Department of Exercise Science at the University of South Carolina in the Arnold School of Public Health, which houses one of the top-ranked PhD programs and sport science programs in the nation. He is also the Director of the USC Sport Science Lab. Previously, he was a professor at Rutgers University, where he directed the Center for Health and Human Performance and the graduate program. His research focuses on the relationship between training, nutrition, and stress and the implications for health, performance, and recovery. Dr. Arent is a Certified Strength and Conditioning Specialist with Distinction with the NSCA, and a Fellow in the American College of Sports Medicine (ACSM), the International Society of Sports Nutrition (ISSN), and the National Academy of Kinesiology (NAK). He is also a past-president of the ISSN. He was recognized as the 2017 Outstanding Sport Scientist of the Year by the NSCA, was awarded a Lifetime Service Recognition by the US Army 3-314th Field Artillery Thunder Battalion (the first such award given to a civilian), and he received the 2016 Directors Award for Scientific Excellence. He has received grant funding from the DoD, NIH, RWJF, and various industry sources. Additionally, he has worked with USSOCOM as well as teams and athletes with the NHL, MLB, NBA, NFL, US Ski and Snowboard, the US Soccer Federation, and several teams at the youth, high school, and collegiate levels.

NSCA Involvement

- *The Journal of Strength and Conditioning Research*, Senior Associate Editor (2013 – present)
- ERP Sponsor/Director (2019 – present)
- *The Journal of Strength and Conditioning Research*, reviewer (2006 – 2023)
- National Conference, abstract reviewer (2008 – 2019, 2023)
- National Conference, grant reviewer (2010 – 2017, 2022)
- *NSCA's Guide to Sport and Exercise Nutrition* (2nd ed.), chapter author (2021)
- Nominations Committee, member (2018 – 2021)
- Nominations Committee, chair (2019 – 2020)
- William J. Kraemer Outstanding Sport Scientist of the Year, recipient (2017)
- *The Journal of Strength and Conditioning Research*, Associate Editor (2010 – 2013)
- *The Journal of Strength and Conditioning Research*, Editorial Board (2007 – 2010)

Vision Statement

NSCA has been an integral part of my development and career progression. Importantly, I have never treated this relationship as a passive one. I have been an active member and contributor to the NSCA because I feel so strongly about the value and importance of its mission. I am an outspoken advocate and unapologetic promoter of the NSCA



and have always been proud to be associated with this organization and involved in its growth. Very few moments in my career have rivaled the pride I felt upon receiving the William J. Kraemer Outstanding Sport Scientist Award in 2017.

My career has always been about “bridging the gap”, which is one of the many reasons the mission of the NSCA resonates with me. I believe I bring unique insights as an academic who is also an active applied sport scientist, which allows me to appreciate the entirety of the NSCA membership. My experiences as a past-president of the International Society of Sports Nutrition, chair of a top Exercise Science department, graduate director, lab director, Center director, and lead sport scientist for professional sports teams have all provided me with different and important lessons in leadership and an understanding of the tremendous possibilities that exist when an organization fully commits itself to the pursuit of excellence. I keep hearing the NSCA is at a cross-roads, but I do not believe that. The NSCA consists of numerous parallel roads that need more opportunities to merge and a superhighway structure that brings these paths together whenever possible. Simultaneously, we must increase NSCA’s visibility and advocacy with key organizations aligned with our mission. NSCA should be part of any conversation around strength and conditioning, fitness, or human performance optimization.

To optimize future impact, it is imperative the NSCA embrace the value of diversity in its membership and leadership and actively work to create a pipeline that enables the long-term commitment to the initiative. Diversity is not just about sex and skin color, but about diversity of backgrounds, experiences, and beliefs. We certainly need to value these things, but we must also *show* underrepresented populations that they are valued within the organization. When done right, this brings substantial benefits by leveraging individual differences to enhance our similarities and understanding of complex phenomena. At its core, sport can be a melting pot of diversity. This organization is uniquely situated to take advantage of that, but I am not convinced that we have always done it well. To truly embrace the benefits of diversification, we must start the process much earlier in the professional development of the prospective members of a group. By actively recruiting underrepresented populations and helping them understand the options our field presents, we create an internal cycle of self-perpetuation. We simply must do better promoting our field, the benefits of being part of this organization, and providing solutions to reduce barriers to entry. We must realize that whatever we are doing, we are setting an example – and we must ask whether that is the example we *want* to be setting.

It is this concept of leading by example that has driven my interest to serve the NSCA on the Board of Directors in the Academician/Researcher position. The NSCA membership is exceptional, and I would value the opportunity to help shape the direction of the organization to best serve that same membership.