

## *DUNCAN FRENCH, PHD, CSCS,\*D, RSCC\*E*

### **Education**

2004 – Doctor of Philosophy in Exercise Physiology (Distinction) – University of Connecticut  
2001 – Doctoral Studies in Human Bioenergetics – Ball State University  
1999 – Master of Science in Sport and Exercise Science (Distinction) – Leeds Beckett University  
1998 – Post-Graduate Certificate of Education in Physical Education (Distinction) – Northumbria University  
1997 – Bachelor of Science in Sport and Exercise Science – Northumbria University

### **Biography**

Globally recognized as a leading expert in high performance sport, Duncan French has 25 years of experience working with athletes from over 40 different professional and Olympic sports. Presently, French is the Vice President of Performance for the UFC Performance Institute. He is responsible for directing high performance services to 650 UFC fighters globally, as well as managing three state-of-the-art high performance facilities in Las Vegas and Shanghai, with Mexico City opening in 2023. Prior to joining the UFC, French was the Director of Performance Sciences and the Director of Strength and Conditioning for Olympic Sports at the University of Notre Dame. Before residing in the USA, he was a Technical Lead for Strength and Conditioning at the English Institute of Sport. He has supported three Olympic cycles and has been the national lead for strength and conditioning to both the Great Britain Basketball Team and Great Britain Taekwondo. French is the former Head of Strength and Conditioning at Newcastle United FC in the English Premier League. As a strength and conditioning coach, he has coached Olympic, World Championship, and Commonwealth Games medalists, as well as world-record holders. As a researcher, he has authored or co-authored over 60 peer-reviewed scientific manuscripts, nine book chapters, and is the co-editor for the NSCA's Essentials of Sport Science textbook. He was the chairman of the UK Strength and Conditioning Association from 2011 – 2013 and received an Honorary Fellowship in 2014 for his services to the strength and conditioning industry.

### **NSCA Involvement**

- Combat Sport Special Interest Group, Chair (2021 – present)
- *The Journal of Strength and Conditioning Research*, Associate Editor (2007 – present)
- *The Journal of Strength and Conditioning Research*, reviewer (2008 – present)
- Nomination Committee, Chair (2021 – 2022)
- Nomination Committee, member (2019 – 2022)
- Co-editor *NSCA's Essential of Sport Science* (2021)
- Authored a chapter in *Developing Power* (2017)
- Sport Science Advisory Council, member (2017)
- Authored a chapter in *NSCA's Essentials of Strength Training and Conditioning* (2015)
- JSCR Editorial Excellence Award (2011)
- Basketball Special Interest Group, member (2008 – 2010)
- Terry J. Housh Outstanding Young Investigator of the Year (2010)

## Vision Statement

Founded 44 years ago, the NSCA has grown into a large-scale organization that is multi-dimensional in nature and has significant professional diversity amongst its constituent membership. Perhaps the biggest issue facing the NSCA is therefore its ability to effectively deliver on the expansive portfolio of initiatives that it provides across a highly diverse membership clientele, and to do this at a standard that represents 'best-in-class'. The mission of the NSCA is to support and disseminate research-based knowledge and its practical application to improve athletic performance and fitness. It does however have a duty to ensure that all the initiatives it offers are impactful and mechanisms for change to the audience's professional standards and levels of expertise. Whilst the NSCA has been at the forefront of advancing strength & conditioning globally over the past 40 years, it appears there remains a lack of 'conversion' or a gap between the over-saturation of education within strength & conditioning and a comprehensive elevation of best practices and improved standards of care across all domains of the strength & conditioning field. Indeed, upon reflection, we as an industry remain challenged in parts by some of the same fundamental issues relating to safe-guarding, poor coaching practices, and a lack of recognition for validated methodologies that have held some areas of the industry back for many years. I believe the NSCA is best positioned to continue to be the catalyst for positive change across all domains of the strength & conditioning field, from personal training to tactical populations, sports performance, health & wellness, sports medicine, and sport science.

I believe that the medium and long-term goals of the NSCA should therefore be to target the conversion efficiency, for want of a better term, of all its portfolio of initiatives, to ensure that the efforts, investment, and resources put into the diverse NSCA workflows are directly realized at the ground level by hiring organizations, employers, clients, athletes, teams, and sports coaches. The strength & conditioning field/industry needs to be advanced and move forth and it can learn from the dynamic progressions made in other fields, such as technology, engineering, architecture, medicine, and many other professional industries. Let's not be stagnant! I'm a little tired of having some of the same discussions I was having 10 years ago. Strength & conditioning needs to progress, grow, and develop, and this must be realized at the ground level across the industry. Therefore, the goals of the NSCA should be to pursue mechanisms of learning and development that encroach on all areas of the strength & conditioning industry in an effort to ensure that education and development strategies are truly impactful on the 'end product' and the professional standards of 'best practice' across all professional sectors (i.e., sport, personal training, tactical, medical) with creative considerations given to cultural, racial, disability, and gender diversity. Speaking firsthand as an employer of strength & conditioning coaches, this is not always apparent, and it needs to become the norm.

To achieve such ambitions, I believe the NSCA needs to continue in its efforts to deliver world-leading educational materials through a host of different methods and outlets in order to better reach its diverse membership. It must continue to remain at the forefront of innovation and advancement, but rather than simply disseminating information it must strive to find mechanisms that ensure any transactional learning (i.e., student, professional, researcher) ultimately has a direct influence on the professional standards of practice in the applied setting to improve athletic performance and fitness. The NSCA must continue to listen to the different domains within the strength & conditioning field and provide its membership with the voice to inform how to better serve their needs, understand what the major limitations or challenges are within the industry, and what the expectations of employers are, so as to better align 'best-in-class' strategies.

I must express my humble gratitude to be considered a worthy candidate for a position on the NSCA's Board of Directors. The NSCA has a seminal role to play within the strength & conditioning industry, and the leadership of the association is critical in appropriately representing the ambitions and needs of its membership.