

## *ALEXIS BATRAKOULIS, PHD, CSCS,\*D, CSPS,\*D, NSCA-CPT,\*D, FACSM*

### **Education**

2021 – Doctor of Philosophy in Clinical Exercise Physiology – University of Thessaly

2017 – Master of Science Exercise and Health – University of Thessaly

1997 – Bachelor of Science Physical Education and Sport Science – Aristotle University of Thessaly

### **Personal Bio**

Dr. Batrakoulis is a multi-award-winning exercise professional with almost three decades of experience and currently works as an adjunct professor, personal trainer, and fitness educator, and is based in Greece. He holds a B.S. in Physical Education and Sports Science, an M.S. in Exercise and Health, a Ph.D. in Clinical Exercise Physiology, and more than 20 certifications through NSCA and other U.S.-based certifying organizations. He has authored over 75 international peer-reviewed publications on exercise with almost 1,000 citations, including a chapter in the latest edition of the NSCA's and ACSM's Personal Training textbooks. He is the founder of the International Obesity Exercise Training Institute teaching internationally approved continuing education courses for personal trainers in 45 countries across five continents. He has been a deputy director of the Professional Standards Committee at EuropeActive, and has been serving as a member on several NSCA and ACSM Committees, as a reviewer on various NSCA journals, and as the CSCS/NSCA-CPT Sponsor of the NSCA ERP program in Greece. He is also the Vice Chair of the NSCA's Personal Trainers Professional Development Group, the Chair of the ACSM's Committee for Certification and Registry Boards International Subcommittee, and an ACSM Fellow. In 2020 and 2021, he participated in the NSCA election ballot as a Nomination Committee Member Candidate. He was named the 2018 IDEA Personal Trainer of the Year, 2019 IDEA China Fitness Innovator, 2020 NSCA Personal Trainer of the Year, 2021 PFP Trainer of the Year, and 2022 ACSM Certified Professional of the Year.

### **NSCA Involvement**

- Awards and Honors Committee, member (2021 – present)
- Membership Committee, member (2020 – present)
- Personal Trainers Personal Development Group Executive Council, Vice Chair (2020 – present)
- *Personal Training Quarterly*, Reviewer (2019 – present)
- Personal Trainers Personal Development Group Executive Council, member (2019 – 2020)
- Education Recognition Program, Sponsor (2020 – 2023)
- NSCA Personal Trainer of the Year (2020)
- *NSCA's Essentials of Personal Training* (3rd ed.) book chapter, Co-Author (in press)

### **Vision Statement**

The NSCA should become the leading educational organization in strength and conditioning as well as fitness providing the most respectful credentials and science-based professional education programs not only in the United States but also globally.

## **Critical / substantive issues facing the NSCA**

- Increasing exposure at the national and worldwide levels, aiming to create greater awareness for the Association and its mission while expanding relationships with leading universities, sports organizations, health club chains, and governing bodies involved in strength and conditioning as well as health and fitness.
- Further applied research to promoting evidence-based strategies implemented by practitioners working with athletic, general, and special populations in real-world settings.
- Promoting the Education Recognition Programs and CASCE Accreditation within academia to take higher education curricula on strength and conditioning as well as personal training to new heights not only in the United States but also internationally.

## **Specific goals for the NSCA**

1. The Association should also become a leading body involved in a future discussion with other industry stakeholders and governing bodies regarding licensure and occupational standards for strength and conditioning coaches as well as personal trainers to elevate the profession and protect the public.
2. Further representation from the NSCA domestically and internationally showing significant extroversion to disseminate the Association's mission and vision among academicians and practitioners.
3. Building a robust marketing strategy for all certifications with a greater focus on NSCA-CPT than currently applied. Such a credential appears to be a promising primary certification for both students and other prospective professionals who seek to be part of the NSCA community through the most comprehensive, evidence-based, and engaging learning experience for personal trainers across the world.
4. Considering that inactivity and obesity seem to be the most challenging global public health issues nowadays, the NSCA-CPT and CSPA programs could be very productive paths for disseminating the NSCA's work targeting those populations affected by both conditions.

## **How to achieve the goals**

1. Developing a Task Force engaging numerous sports professional associations and organizations as well as athletic governing bodies for setting professional standards and establishing licensures for all occupational roles involved in strength and conditioning as well as personal training at the national level. The NSCA foreign affiliates and other international membership organizations could also contribute to such a project providing external consultation maybe coming from global experiences and different perspectives.
2. NSCA experts and qualified members of selected committees should represent the Association at several industry events taking place in the United States and globally every year by delivering educational sessions focused on strength and conditioning as well as personal training for general and special populations.
3. Revising and relaunching the NSCA-CPT as well as CSPA Exam Prep Live and/or Online Clinics to ensure that candidates who seek to sit for this exam have been optimally prepared on both theoretical and practical content, which should be fully aligned with the newest edition of study materials.
4. Releasing a position statement that addresses resistance training for adults with metabolic disorders. The prevalence of several metabolic disorders, such as obesity, type 2 diabetes, dyslipidemia, and metabolic syndrome is systematically growing at an alarming rate in both the United States and worldwide. The benefits of resistance training in these populations are fully supported by the literature; however, the majority of adults with such health issues do not participate in resistance training regularly, mainly because of fear, misperception, and lack of consensus to guide implementation. Such a position statement may positively influence these populations improving cardiometabolic health, physical performance, and well-being.