

PRESS RELEASE
FOR IMMEDIATE RELEASE

June, 2020

National Strength and Conditioning Association (NSCA) Announces 2020 Boyd Epley Award for Lifetime Achievement winner Terry J. Housh, PhD, FNSCA

Colorado Springs, CO – The National Strength and Conditioning Association (NSCA) is proud to announce the winners of the organization’s 2020 career awards. These distinguished awards are handed out each year to those individuals who have made significant contributions to the strength and conditioning community throughout their careers. Due to the cancellation of the 2020 National Conference because of the public health concerns of COVID-19, award winners will receive special recognition of their 2020 accomplishment at the 2021 NSCA National Conference, which will be held next year in Orlando, FL from July 7 – 10.

Awarded since 1993, the **Boyd Epley Award for Lifetime Achievement** honors individuals who exhibit historical impact, achievements, and dedication to the NSCA over the course of their career. This award is named after Boyd Epley, founder of the NSCA, and is considered the most prestigious award a Member of the NSCA can achieve. The NSCA Board of Directors is honored to announce the 2020 recipient is **Terry J. Housh, PhD, FNSCA**.

Dr. Terry J. Housh is the Director of the Exercise Physiology Laboratory and a Professor in the Department of Nutrition and Health Sciences at the University of Nebraska-Lincoln. Housh earned a Bachelor of Arts degree in Physical Education and Health Education K-12 from Doane College in Crete, NE in 1977, and Master of Physical Education degree and PhD in Exercise Physiology from the University of Nebraska-Lincoln in 1979 and 1984, respectively, under the mentorship of Dr. Glen O. Johnson and Dr. Bill Thorland. Over his career, Housh has co-authored over 340 peer-reviewed publications, over 340 national and international research presentations, and twelve books in the areas of exercise and sports physiology. He has received Fellow status from the NSCA and the American College of Sports Medicine (ACSM). Housh’s accomplishments have received recognition with awards including the Educator of the Year, Outstanding Sports Scientist, President’s Award, and Editorial Excellence Award from the NSCA. In 2009, the NSCA named an award the “Terry J. Housh Young Investigator Award” in his honor. Currently, Housh has 22 former doctoral students in higher education positions from assistant professor to dean.

“Congratulations to all the award winners for these well-deserved awards,” said NSCA Executive Director Michael Massik. “Each of these individuals have changed many lives and exemplify what it is to be an NSCA professional. We are proud to have them as part of our community.”

The NSCA is the worldwide authority on strength and conditioning, and for more information regarding NSCA and their awards, please visit www.nasca.com.

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

ABOUT THE NATIONAL STRENGTH AND CONDITIONING ASSOCIATION

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



everyone stronger

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.