

*BRENT ALVAR, PHD, CSCS,*D, TSAC-F, FACSM, FNSCA*

Education

2000 – Doctor of Philosophy in Exercise and Wellness Education – Arizona State University

1997 – Master of Science in Exercise Science and Physical Education – Arizona State University

1992 – Bachelor of Science in Exercise Science and Physical Education – Arizona State University

Personal Bio

Dr. Alvar is a Professor and Graduate Program Director in the Department of Kinesiology at Point Loma Nazarene University in San Diego, California and current President of the National Strength and Conditioning Association (NSCA). He has been a member of the NSCA since 1996 and is a Certified Strength and Conditioning Specialist with Distinction (CSCS*D), Tactical Strength and Conditioning Facilitator with Distinction (TSAC-F*D) and recognized as a Fellow of the NSCA (FNSCA). He began his career as a Personal Trainer/Strength Coach working with the general population, various clinical populations, as well developing collegiate Sports Performance and Tactical Strength and Conditioning Programs. In addition, he has been instrumental in developing many college and university academic programs in Sports and Tactical Strength and Conditioning, including programs from the Associate's level to the PhD.

His research focus is in the area of Dose-Response of Resistance Training as well as the various components of Exercise Testing and Prescription related to Human Performance and Occupational Preparedness. He is also extremely involved in the tactical area of the NSCA, helping to develop the NSCA's Essentials of Tactical Strength and Conditioning as well as the Tactical Course. His teaching is centered on Evidence-Based Practice, Research Methods, Clinical Exercise Prescription, as well as Sport and Tactical Strength and Conditioning. He spends the majority of his time guiding young scholars in their professional and research pursuits and feels this is the most important aspect of his career.

NSCA Involvement

- NSCA Board of Directors, President (2021 – 2024)
- NSCA Board of Directors, Academician/Researcher member (2012 – 2015)
- NSCA Board of Directors, Vice President (2013 – 2014)
- Education Committee, Chair (2019 – 2020)
- *The Journal of Strength and Conditioning Research*, Senior Associate Editor (2015 – present)
- *Strength and Conditioning Journal*, Associate Editor (2014 – present)
- *Strength and Conditioning Journal*, reviewer (2012 – present)
- NSCA ERP Sponsor/Director (2006 – 2008 and 2019 – present)
- National Conference, abstract reviewer (2007 – present)
- Tactical Strength and Conditioning Practitioner of the Year, recipient (2020)
- Education Committee, Vice-Chair (2018 – 2019)
- Education Committee, Secretary (2017 – 2018)

- Fellowship Review Committee, member (2016 – 2019)
- *The Journal of Strength and Conditioning Research* – Editorial Excellence Award, recipient (2017)
- Authored two book chapters in *NSCA's Essentials of Tactical Strength and Conditioning* (2017)
- *NSCA's Essentials of Tactical Strength and Conditioning*, Lead Editor (2017)
- Arizona State Advisory Board, member (2010 – 2017)
- Educator of the Year, recipient (2016)
- *The Journal of Strength and Conditioning Research*, Associate Editor (2004 – 2015)
- NSCA CSCS Exam Prep, host (2005)

Nomination Committee Ballot questionnaire

Why do you want to serve on the Nomination Committee?

The Board of Directors is an integral component of the leadership of the NSCA and therefore in parallel, the Nominations Committee serves a vital role to ensure the appropriate individuals are selected for open Board of Director and Nominations Committee elections. I feel that I have been actively engaged in with the NSCA for the past 20 years and more specific in the NSCA Board President's role these past 2 plus years. In my Board position, I also served as the liaison to the Nominations committee. As such, I feel I have the institutional knowledge and experience to ensure that the Nominations committee is actively seeking as well as selecting the best candidates for these roles.

What is your understanding of the organizational structure of the NSCA?

The National Strength and Conditioning Association is a non-profit organization that is led by the Board of Directors as stated by the Bylaws and Articles of Incorporation. The Board of Directors works as representation of the membership to direct the way-finding of the Association at what I would consider the 10,000 ft. level. More specifically the Board of Directors works to establish, monitor progress and refine the association goals and objectives as well as the budget.

The Board of Directors also hires, directs and supervises the Executive Director of the NSCA. It is the Executive Directors job to execute the day-to-day operations of the NSCA. As such, the Executive Director administers active control of the affairs and business of the NSCA as well as supervises and directs all of the employees.

One of the roles of the Nomination Committee is to find qualified candidates for Board of Director positions. How would you go about seeking or identifying candidates who would be representative of the diverse population of our membership, and consistent with the NSCA mission statement?

For the past 20 plus years, I have actively engaged in NSCA State, Regional, National, Tactical, Coaches, Personal Training, and International conferences. In addition, I have been involved in various service (JSCR Senior Associate Editor, SCJ Associate Editor, Grant Reviewer, Abstract Review etc.), volunteer (Education Committee Chair, Fellow Review Committee, CASCE Board, Nomination Committee – Board liaison) and leadership roles (NSCA President, NSCA Vice President, NSCA President Elect and NSCA Board Member) within the NSCA. As such, I feel I have an extensive and diverse network of professional acquaintances, colleagues, and friends with a myriad of backgrounds that have been actively engaged in the and uniquely qualified for roles in leading the Association.