

## *BENJAMIN REUTER, PHD, ATC, CSCS,\*D*

### **Education**

1999 – Doctor of Philosophy in Health and Human Performance – Auburn University

1992 – Master of Science in Physical Education – Old Dominion University

1990 – Bachelor of Arts in Health and Physical Education – Gettysburg College

### **Biography**

Benjamin Reuter is an Associate Professor in the Department of the Exercise and Sports Science at Pennsylvania Western University, California Campus. He earned his Doctorate in Exercise Physiology from Auburn University, and his Master's, with an emphasis in Athletic Training, from Old Dominion University. He is a Certified Strength and Conditioning Specialist, with Distinction, from the NSCA. He also holds an Athletic Training Certification from the National Athletic Trainers Association. Reuter is currently a member of the NSCA Membership Committee. In addition, he serves as an Associate Editor-in-Chief for the Strength and Conditioning Journal, as well as column editor of the Sports Medicine and Rehabilitation column and editor/host of the SCJ Podcast. Reuter is interested in injury prevention and performance enhancement for masters and age group endurance athletes, with an emphasis on the prevention of sport-specific muscle imbalances leading to dysfunction.

### **NSCA Involvement**

- *Strength and Conditioning Journal*, Guest Editor for Special Populations Special Topic Issue (2022)
- Co-Authored a Chapter in the *Essentials of Personal Training*, 3<sup>rd</sup> Edition (2022)
- Membership Committee, member (2021 – present)
- Sports Medicine/Rehabilitation Special Interest Group, Chair (2021– 2022)
- Sports Medicine/Rehabilitation Special Interest Group, Vice Chair (2019 – 2021)
- *Strength and Conditioning Journal*, Guest Editor for Sports Medicine Special Topic Issue (2017)
- *Strength and Conditioning Journal*, Assistant Editor-in-Chief (2006 – 2008, 2017 – present)
- Sports Medicine/Rehabilitation Special Interest Group, member (2016 – present)
- *Strength and Conditioning Journal*, Sports Medicine and Rehabilitation Tips Column Editor (2012 – present)
- *Strength and Conditioning Journal*, reviewer (2008 – present)
- *Strength and Conditioning Journal*, Associate Editor (2002 – 2006, 2008 – present)
- Sports Medicine/Rehabilitation Special Interest Group, Secretary (2018 – 2019)
- Authored a Chapter and Editor of the *Essentials of Training Special Populations* (2018)
- Authored a Chapter in the *Essentials of Strength Training and Conditioning*, 3<sup>rd</sup> Edition, and co-authored 4<sup>th</sup> Edition (2008, 2015)
- NSCA Sports Performance Series – Developing Endurance, Editor and chapter author (2012)
- Bronze Award of Appreciation (2010)
- Bronze Award – Exams on Request (2005)
- *Strength and Conditioning Journal*, Endurance Activities Column Editor (2000 – 2003)

- NSCA Exam, host (2001 – 2002)

### **Candidate Questionnaire**

#### **Why do you want to serve on the Nomination Committee?**

I believe that as an individual progresses professionally they have a responsibility to continue to contribute to their professional organizations. They should be willing to take on additional responsibilities to help their professional organizations remain strong. As someone who is midway through his professional career the next step is to seek out and contribute in leadership positions within the NSCA. I have begun to explore this in various editorial positions for the SCJ, as well as through serving on the executive council for the Sports Medicine and Rehabilitation SIG and as a current member of the Membership Committee. Each time I contribute to the NSCA I also gain knowledge, professional contacts and a renewed excitement about being an exercise science professional.

Membership in the NSCA and participation in NSCA activities has been, and will continue to be, a significant part of my professional success. Seeking consideration as a candidate for the Nomination Committee is a way to continue to serve an organization that has been and will continue to be a valuable part of my career.

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

The NSCA has an executive director and national office employees. These professionals work for the organization. The BOD works with the professionals to ensure the organization meets the needs of the members and represents the professions of strength and conditioning.

#### **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?**

Through my years of NSCA involvement I have seen that there are NSCA members who obtain certification, attend conferences (or do not), but never take the next step to become involved as volunteers. I believe many members do not recognize that they have skills and knowledge that could be invaluable to the organization. I never intended to become involved to the level that I have. It took a comment from Lee Brown- ‘when are you going to start getting more involved?’ to make me realize that a key part of my profession is to help promote the organization quality.