

PRESS RELEASE  
FOR IMMEDIATE RELEASE

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**National Strength and Conditioning Association (NSCA) Celebrates  
*The Journal of Strength and Conditioning Research* Editorial Excellence 2021  
Award Winners Haley Bergstrom, PhD, CSCS,\*D and  
Paul Cutrufello, PhD, ATC, CSCS**

**Colorado Springs, CO** – The National Strength and Conditioning Association is proud to announce that Drs. Haley Bergstrom and Paul Cutrufello are the NSCA’s *The Journal of Strength and Conditioning Research (JSCR)* Editorial Excellence Award recipients for 2021. Award winners are selected by the JSCR Editor-in-Chief based on their contributions to the NSCA’s *The Journal of Strength and Conditioning Research*. This award has been handed out since 2000.

Haley Bergstrom received a B.S. (2009) in Exercise Science from Doane University, and a M.S. (2011) and Ph.D. (2014) from the University of Nebraska-Lincoln. She is currently an Associate Professor at the University of Kentucky in the Department of Kinesiology and Health Promotion. Her research explores questions related to the mathematical modeling of human performance and the non-invasive assessment of muscle function and fatigue. These methodologies are used to examine exercise and nutritional interventions to delay the onset and mitigate the effects of fatigue during anaerobic and aerobic exercise. This involves the non-invasive assessment of neuromuscular function and motor unit behavior, acute and chronic cardiovascular, metabolic, and perceptual responses to resistance, sprint, and endurance training, as well as the effects of nutrition and dietary supplementation on health and human performance across the lifespan. She is a senior associate editor for the *Journal of Strength and Conditioning Research* and is a certified Strength and Conditioning Specialist with distinction (CSCS\*D) through the National Strength and Conditioning Association.

Paul Cutrufello is a Professor at The University of Scranton currently serving as chairperson and program director for the Department of Health and Human Performance and Kinesiology program, respectively. Previously served as the Head Athletic Trainer at The University of Scranton for 10 years. Earned a Bachelor’s degree and Master’s degree in Exercise Science from The Pennsylvania State University and Bloomsburg University, respectively, and later earned a doctorate from Marywood University. Has been a certified strength and conditioning specialist for 21 years and a certified athletic trainer for 25 years. Currently directs a community based learning project at The University of Scranton providing exercise programming for individuals with intellectual disabilities. Serves as a senior associate editor for the *Journal of Strength and Conditioning Research* and a first editor for the *British Journal of Nutrition*.

Dr. Haley Bergstrom and Dr. Paul Cutrufello will receive special recognition of their accomplishment at the NSCA National Conference which will be held in Orlando, FL from July 7-10. The conference brings together the best of the best from all reaches of the strength and conditioning industry to provide an educational experience unlike any other. From cutting-edge presentations to dynamic hands-on sessions by renowned professors, researchers, strength coaches, and personal trainers, attendees receive the tools to help expand their knowledge and further their careers. For more information regarding the NSCA and their awards, please visit [www.nasca.com](http://www.nasca.com).



**Media Note:** To schedule an interview with an award winner, contact [Marketing@nsca.com](mailto:Marketing@nsca.com).

## **ABOUT THE NATIONAL STRENGTH & 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 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.