

PRESS RELEASE

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FOR IMMEDIATE RELEASE


National Strength and Conditioning Association (NSCA) Celebrates 2022 William J. Kraemer Outstanding Sport Scientist Award Winner Abbie E. Smith-Ryan, PhD, CSCS,*D, FNSCA

Colorado Springs, CO – The National Strength and Conditioning Association is proud to announce that Dr. Abbie Smith-Ryan has been selected as the NSCA’s William J. Kraemer Outstanding Sport Scientist Award for 2022. Dr. Smith-Ryan becomes the 31st recipient of the award, which has been handed out since 1991. A volunteer committee, the NSCA’s Research Committee, as well as past recipients of this award determine the winner based on their contributions to the NSCA, their community, and research in strength and conditioning.

Abbie E. Smith-Ryan, PhD, CSCS,*D, FNSCA, FACSM, FISSN is Professor in the Department of Exercise and Sport Science, where she serves as the Director of the Applied Physiology Lab. She is also an affiliate faculty in the Departments of Nutrition and Allied Health Sciences. She is an active researcher in the field of body composition, metabolism, sport nutrition and exercise performance, with a special interest in female health, leading projects funded by the National Institutes of Health and International and National industry sponsored clinical trials. Dr. Smith-Ryan contributes to the current body of scientific literature with over 165 peer-reviewed manuscripts; a number of scholastic books and book chapters, and international/national presentations. She was recognized by the National Strength and Conditioning Association as the Nutrition Researcher of the Year (2013) and the Young Investigator of the Year (2015). She served at the liaison for Working on Women in Science at UNC from 2019-2021. Dr. Smith-Ryan has a passion for improving the health and quality of life of others through evidenced-based research.

“Congratulations to Dr. Smith-Ryan for this well-deserved award,” said Michael Massik, Executive Director. “She has changed many lives and exemplifies what it is to be an NSCA professional. We are proud to have her as a member.”

Dr. Abbie Smith-Ryan will receive special recognition of her accomplishment at the NSCA National Conference which will be held in New Orleans, LA from July 6-9. 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.



Media Note: To schedule an interview with an award winner, contact 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.