
PRESS RELEASE

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FOR IMMEDIATE RELEASE

**The National Strength and Conditioning Association (NSCA) Celebrates
The Journal of Strength and Conditioning Research Editorial Excellence
2022 Award Winners: Michael R. Deschenes, PhD and
Margaret T. Jones, PhD, CSCS,*D, FNSCA**

The National Strength and Conditioning Association is proud to announce that Drs. Michael Deschenes and Margaret Jones are the NSCA's *The Journal of Strength and Conditioning Research (JSCR)* Editorial Excellence Award recipients for 2022. 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.

Michael R. Deschenes earned his PhD from the Department of Physiology and Neurobiology at the University of Connecticut in 1992. He then proceeded to do his postdoctoral work in the Department of Physiology at the State University of New York (SUNY) Upstate Medical University in Syracuse. Upon completion of his work there, Dr. Deschenes assumed his current faculty position in the Department of Kinesiology & Health Sciences at the College of William & Mary where he currently serves as Professor and Chair. He is also a member of the faculty in the William & Mary Program in Neuroscience. Dr. Deschenes' research focuses on the neuromuscular system and its morphological and functional adaptations to increased (exercise), and decreased (muscle unloading) activity, as well as the effects of aging on that system. He is a Fellow of the American College of Sports Medicine, and serves as an associate editor for *Medicine and Science in Sports and Exercise*, *Frontiers in Physiology*, as well as serving as a senior associate editor of the *Journal of Strength and Conditioning Research*.

Margaret T. Jones is a Professor of Sport, Recreation and Tourism Management, and an affiliate of the Center for Sports Performance at George Mason University. She is the Director of the Patriot Performance Laboratory in the Frank Pettrone Center for Sports Performance at George Mason University. She holds degrees from the University of Tennessee (BA), the University of Houston (MEd), and the University of Georgia (PhD), and completed a NIH Postdoctoral Fellow at Cornell University. Past experience includes 15 years at Springfield College as Director of the Strength and Conditioning Master's degree program and Director of Strength and Conditioning for Intercollegiate Athletics, where she supervised program design and implementation for 500 athletes from 24 sports. An active member of the NSCA since 1995, Dr. Jones received the NSCA Educator of the Year Award in 2008, and Fellow of the NSCA (FNSCA) in 2012. In 2016, she was the recipient of the NSCA's Senior Investigator



Grant in support of her work with cluster resistive exercise in resistance trained women athletes. Currently, she serves as a Senior Associate Editor for the Journal of Strength and Conditioning Research and an Associate Editor-in-Chief for the Strength and Conditioning Journal. Dr. Jones' research uses resistance exercise to address questions related to athlete health and performance. She has authored many publications in peer-reviewed academic journals and has presented consistently at regional, national, and international conferences. She holds NSCA CSCS,*D and USA Weightlifting certifications.

"It is only with extraordinary efforts of the JSCR Editorial Board that make this journal possible," said Dr. Nicholas Ratamess, JSCR Editor-in-Chief. "Dr. Michael Deschenes and Dr. Margaret Jones have demonstrated a commitment to editorial excellence and their exceptional hard work and dedication have greatly contributed to the journal's success."

Dr. Michael Deschenes and Dr. Margaret Jones will receive special recognition of their accomplishment at the NSCA National Conference which will be held in New Orleans 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, 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.