

# PRESS RELEASE

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FOR IMMEDIATE RELEASE

## National Strength and Conditioning Association (NSCA) Celebrates 2022 Nutritional Research Achievement Award Winner Adam M. Gonzalez, PhD, CSCS,\*D

**Colorado Springs, CO** – The National Strength and Conditioning Association is proud to announce that Dr. Adam M. Gonzalez has been selected as the NSCA’s Nutritional Research Award winner for 2022. Dr. Gonzalez becomes the 19<sup>th</sup> recipient of the award, which has been handed out since 2003. 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.


**Dr. Adam M. Gonzalez** is an Associate Professor in the Department of Allied Health and Kinesiology at Hofstra University in Hempstead, NY. He holds a Ph.D. in Exercise Physiology from the University of Central Florida along with a bachelor’s degree in Health and Exercise Science and a master’s degree in Health Science Education from The College of New Jersey. He has been a Certified Strength and Conditioning Specialist since 2011. His primary research interests include exercise and nutritional strategies to optimize body composition and enhance adaptations to exercise. He has published over 85 peer-reviewed journal articles in the areas of sports science, exercise physiology, and dietary supplementation. He also currently serves as the Chief Scientific Officer for the dietary supplements company, Shifted.

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

Dr. Gonzalez will receive special recognition of his 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](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.