

PRESS RELEASE  
FOR IMMEDIATE RELEASE

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## **National Strength and Conditioning Association (NSCA) Announces 2020 Impact Award winner Steven J. Fleck, PhD, CSCS, FNCSA, FACSM**

**Colorado Springs, CO** – The National Strength and Conditioning Association (NSCA) is proud to announce the winners of the organization’s 2020 career awards. These distinguished awards are given out each year to those individuals who have made significant contributions to the strength and conditioning community throughout their careers. Due to the cancellation of the 2020 National Conference because of the public health concerns of COVID-19, award winners will receive special recognition of their 2020 accomplishment at the 2021 NSCA National Conference, which will be held next year in Orlando, FL from July 7 – 10.

The **NSCA Impact Award**, awarded since 1997, is given to an individual whose career has greatly contributed to the advancement of the national or international strength and conditioning, or fitness industries. The 2020 recipient, as selected by the NSCA Board of Directors, is **Steven J. Fleck, PhD, CSCS, FNCSA, FACSM**.

Dr. Steven J. Fleck has been the chair of kinesiology and sport science departments at several universities, and a sports science administrator in the private sector. His research interests include physiological adaptations to resistance training and application of research findings to optimize resistance training program design. His research interests are not limited to physiological adaptations and the training of elite athletes, but also include the training of the general population, from youth to seniors, as well as individuals with various diseases, such as cancer, McArdle disease, and cystic fibrosis. During his career, Fleck has designed conditioning programs for celebrities interested in general health and fitness, as well as high school, collegiate, professional, and Olympic athletes in a wide variety of sports. He has authored numerous peer-reviewed research articles in the broad area of physical conditioning as well as several books, including *Designing Resistance Training Programs* and *Exercise Physiology Integrating Theory and Application*. Fleck is the past President of the NSCA and a Fellow of both the NSCA and the American College of Sports Medicine (ACSM). For his work, he has received numerous awards and honors. Fleck received the Alumni Excellence Award from the College of Health, Physical Education, and Recreation; University of Wisconsin-La Crosse, where he received his undergraduate degree and has been inducted into the College of Education and Human Ecology Hall of Fame; of The Ohio State University, where he received his graduate degrees. Fleck has also been honored by receiving the NSCA’s Sport Scientist of the Year and Lifetime Achievement Award.

“Congratulations to all the award winners for these well-deserved awards,” said NSCA Executive Director Michael Massik. “Each of these individuals have changed many lives and exemplify what it is to be an NSCA professional. We are proud to have them as part of our community.”

The NSCA is the worldwide authority on strength and conditioning, and for more information regarding NSCA and their awards, please visit [www.nasca.com](http://www.nasca.com).

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

### **ABOUT THE NATIONAL STRENGTH AND 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.



everyone stronger

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.