

PRESS RELEASE
FOR IMMEDIATE RELEASE

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National Strength and Conditioning Association (NSCA) Celebrates 2021 Terry J. Housh Outstanding Young Investigator Award Winner James Tufano, PhD, CSCS,*D

Colorado Springs, CO – The National Strength and Conditioning Association is proud to announce that Dr. James Tufano has been selected as the NSCA’s Terry J. Housh Outstanding Young Investigator Award for 2021. Dr. Tufano becomes the 33rd recipient of the award, which has been handed out since 1998. 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, select award winners.

James Tufano is currently an Assistant Professor at Charles University in Prague, Czech Republic, where he teaches graduate courses in critical thinking, academic writing, and strength and conditioning. Although he would largely be described as a researcher who focuses on practical strength and conditioning topics, he enjoys supervising motivated research students who are truly interested in the scientific process and want to improve their critical thinking skills, regardless of their exact research interests. With this in mind, he trusts that having an open mind, a strong work ethic, and a positive attitude not only shapes the future of the individual, but also benefits the team of people around. Thus, he is honored to accept this award from the NSCA, as their mission is to collectively link science and practice in a way that the strength and conditioning field continues to grow.

Dr. Tufano will receive special recognition of his 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.

***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.