

ANTHONY TURNER, PHD, CSCS

Education

2016 – Doctor of Philosophy in Sport Science – Middlesex University, UK

2003 – Master of Science in Sport and Exercise Science – Sheffield Hallam University, UK

2002 – Bachelor of Science in Sport Science – Coventry University, UK

Personal Bio

Anthony Turner is a Professor of Strength and Conditioning, and the Postgraduate Research Lead at the London Sport Institute, Middlesex University. Anthony has published over 200 peer-reviewed journal articles, edited three textbooks, and is an associate editor for the *Strength and Conditioning Journal*. Anthony has been a consultant to numerous sports teams, Olympic and Paralympic athletes, and was formerly head of physical preparation for the GBR fencing team during the London and Rio Olympics. Anthony is currently a consultant in human performance for the British Military, a physical performance coach for Tottenham Hotspur Women's Academy, and is a recipient of the UKSCA coach of the year award for education and research. This year, Anthony is speaking at the NSCA National conference in Baltimore. His talk is titled 'building a high-performance model for sport: directed by data and driven by purpose'.

NSCA Involvement

- *Strength and Conditioning Journal*, reviewer (2011 – present)
- *Strength and Conditioning Journal*, Associate Editor (2016 – present)
- *The Journal of Strength and Conditioning Research*, reviewer (2013 – present)
- NSCA National Conference abstracts, reviewer (2024)
- Exams on Request, host (2011)


Nomination Committee Ballot Questionnaire

Why do you want to serve on the Nomination Committee?

I have been an accredited member with the NSCA for over 20 years now. In that time, the NSCA has provided me with ample opportunity to extend my knowledge and develop my career, as well as providing a platform from which I can showcase my work and connect with peers. Part of my reasoning, therefore, is to be part of an organisation at the forefront of our discipline, one which passionately supports its members and drives the growth of strength and conditioning. Similarly, I would like the opportunity to contribute to it and assist its members similar to the many that have assisted me over the years.

What is your understanding of the organizational structure of the NSCA?

The NSCA is led by an executive team based at its headquarters in Colorado. Whilst many of the executive team are highly skilled and decorated in strength and conditioning, they also have professional backgrounds in other areas of practice, ensuring the organisation is appropriately advised to thrive and support its ever-growing membership. The various initiatives of the NSCA, aimed at advancing its strategic areas and objectives of (1) professional development, (2) community, (3) advocacy, (4) communication, and (5) organizational excellence, is governed by a board of nine



directors. This board is in turn managed by the executive director, with agreed actions from the board carried out by headquarter staff and volunteers. The board of directors is elected by the membership, and it is the role of the nomination committee to select the most suitable candidates to run for NSCA president, board of directors, and the nomination committee itself.

One of the roles of the Nomination Committee is to find qualified candidates for Board of Director positions. How would you go about seeking or identifying candidates who would be representative of the diverse population of our membership, and consistent with the NSCA mission statement?

The successful candidate should be someone highly knowledgeable in all areas of strength and conditioning, who is able to share a variety of practice that is evidence-based, but equally, translatable to the diverse membership of the NSCA. Furthermore, the candidate should be able to ‘connect’ with the membership, through shared visions and aspirations for the association, and through an appreciation of the current and often rapidly changing needs of those to whom they will serve. In attaining this latter criterion, the successful candidate must be at the forefront of the discipline, not only aware of its landscape but demonstrating impact in its evolution.