

PRESS RELEASE
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National Strength and Conditioning Association (NSCA) Celebrates 2020 Personal Trainer of the Year Award Winner Alexis Batrakoulis, MS, CSCS, CSPS, NSCA-CPT, RCPT*E

Colorado Springs, CO – The National Strength and Conditioning Association is proud to announce that Alexis Batrakoulis has been selected as the NSCA’s Personal Trainer of the Year for 2020. Batrakoulis becomes the 20th recipient of the award, which has been handed out since 2000. Award winners are selected by a volunteer committee, the NSCA’s Membership Committee, who determine the winner based on their contributions to the NSCA, their community, and exemplary service to the advancement of the personal training industry.

Batrakoulis is an internationally renowned fitness expert involving in the health/fitness and strength conditioning industries in the past 25 years. He currently works as a freelance personal trainer and exercise physiologist, educator, subject matter expert, author, and speaker having presented in over 40 different countries across four continents and is based in Greece. He holds a B.S. in Physical Education and Sports Science, an M.S. in Exercise and Health, and is preparing to earn a Ph.D. in Exercise Physiology from the University of Thessaly. He has authored over 20 international peer-reviewed publications on exercise, including research articles, abstracts, and textbook chapters. His primary research interests focus on the study of high-intensity interval neuromuscular training in obesity. Recently, he was selected to author a chapter in each of the latest editions of the NSCA’s and ACSM’s Personal Training textbooks. He is the Founder of the International Obesity Exercise Training Institute teaching internationally approved continuing education courses on exercise and health for fitness professionals around the world and also is an ACE International Master Trainer. He was named as the 2018 IDEA Personal Trainer of the Year and was the 2019 IDEA Fitness Innovation Award recipient. Additionally, he serves as a member on three ACSM Committees (Exercise is Medicine Credential, Professional Education, and International Health & Fitness Summit Program) and is the Deputy Director of the Professional Standards Committee of EuropeActive in charge of EREPS. He also serves as a member of the NSCA Personal Training Quarterly Editorial Review Panel, NSCA Personal Trainers Special Interest Group Executive Council, and NSCA Membership Committee. Furthermore, he is the CSCS and NSCA-CPT Sponsor for the NSCA Education Recognition Program in the Department of Physical Education and Sport Sciences at the University of Thessaly directed by Dr. Ioannis Fatouros.

“Congratulations to Alexis for this well-deserved award,” said Scott Douglas, Sr. Director of Membership and Business Development at the NSCA. “Not only does Alexis run a successful fitness business in Greece, he speaks around the world and promotes the health benefits of strength and conditioning for everyone. We are proud to have him as a member.”

Due to the cancellation of the year’s National Conference because of the public health concerns of COVID-19, Alexis Batrakoulis will receive special recognition of his 2020 accomplishment at the 2021 Annual NSCA National Conference which will be held next year 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. The NSCA is the worldwide authority on strength and conditioning, and for more information regarding NSCA and their awards, please visit www.nasca.com.



everyone stronger

Media Note: To schedule an interview with the award winner, contact 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.

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.