

PRESS RELEASE
FOR IMMEDIATE RELEASE

July, 2020

National Strength and Conditioning Association (NSCA) Celebrates *The Journal Strength and Conditioning Editorial Excellence 2020* Recipients: Paul Comfort, PhD, CSCS,*D and Jason Winchester, PhD, CSCS,*D

Colorado Springs, CO – The National Strength and Conditioning Association is proud to announce that Dr. Comfort and Dr. Winchester are the NSCA’s *The Journal of Strength and Conditioning Research (JSCR)* Editorial Excellence Award recipients for 2020. Award winners are selected by the JSCR Editor-in-Chief based on their contributions to the NSCA’s *The Journal of Strength and Conditioning Research*. This award has been handed out since 2000.

Dr. Paul Comfort is a Reader in Strength and Conditioning and program leader for the MSc Strength and Conditioning at the University of Salford.

Paul is also an adjunct professor at Edith Cowan University. Paul is a founder member and accredited member with the United Kingdom Strength and Conditioning Association, has been a member of the NSCA for nearly 20 years and is a CSCS*D. He is also a senior associate editor for the Journal of Strength and Conditioning Research. Paul has co-authored >150 peer reviewed journal articles along with numerous book chapters and is co-editor of the textbooks, ‘Advanced Strength and Conditioning: an evidence-based approach’ and ‘Performance Assessment for strength and Conditioning.’

Dr. Jason Winchester did his Ph.D. in Exercise Physiology with a minor in Biomechanics at Louisiana State University. He is a Certified Strength and Conditioning Specialist and has been recertified with distinction (CSCS *D).

Dr. Winchester has been highly active within the NSCA for almost two decades. He is currently a Senior Associate Editor for the Journal of Strength and Conditioning Research. Within the NSCA, he has served on both the Exam Development Committee and the Job Task Analysis Task Force for the Certified Strength and Conditioning Specialist (CSCS) Certification. In addition, he has served as a Grant Reviewer for the NSCA Foundation, an Abstract Reviewer for the National Conference, a Session Moderator for the National Conference, an Abstract Judge for the National Conference, as chair of the Student Link Executive Council, as a reviewer for NSCA’s Hot Topics series, and as a reviewer for the Strength and Conditioning Journal.

Dr. Winchester has had his research highlighted in several popular media outlets, has coached athletes in collegiate and amateur settings, and has worked as a Sport Science Consultant.

Dr. Winchester is currently an Associate Professor in the School of Physical Therapy at the University of the Incarnate Word in San Antonio, TX.

“It is only with extraordinary efforts of the JSCR Editorial Board that make this journal possible,” said Dr. Nicholas Ratamess, JSCR Editor-in-Chief. “Dr. Paul Comfort and Dr. Jason Winchester have demonstrated a commitment to editorial excellence and their exceptional hard work and dedication have greatly contributed to the journal’s success.”

Due to the cancellation of the year’s National Conference because of the public health concerns of COVID-19, Paul Comfort and Jason Winchester will receive special recognition of their 2020 accomplishment at the 2021 Annual NSCA



everyone stronger

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.

Media Note: To schedule an interview with the 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.