

**PRESS RELEASE
FOR IMMEDIATE RELEASE**

June, 2020

National Strength and Conditioning Association (NSCA) Celebrates 2020 William J. Kraemer Outstanding Sport Scientist Award Winner Michael J. Ormsbee, PhD, CSCS,*D

Colorado Springs, CO – The National Strength and Conditioning Association is proud to announce that Dr. Michael J. Ormsbee has been selected as the NSCA’s William J. Kraemer Outstanding Sport Scientist Award for 2020. Ormsbee becomes the 29th recipient of the award, which has been handed out since 1991. Award winners are selected by a volunteer committee, the NSCA’s Research Committee and past recipients of this award, who determine the winner based on their contributions to the NSCA, their community, and breakthroughs in the field of applied exercise and sport science.

Ormsbee is the Associate Director of the Institute of Sports Sciences & Medicine and an Associate Professor in the Department of Nutrition, Food & Exercise Sciences at Florida State University (FSU). He is also an honorary research fellow at the University of KwaZulu-Natal in Durban, South Africa. Ormsbee is a Fellow of both the American College of Sports Medicine and the International Society of Sports Nutrition and is a Certified Strength and Conditioning Specialist (with Distinction) through NSCA. His research expertise involves the interaction of exercise training, nutrition, and supplementation to improve metabolism and achieve optimal body composition, human performance, and health in athletic and clinical populations. Ormsbee was honored as the 2014 FSU Undergraduate Teacher of the Year, 2017 Nutrition Researcher of the Year by the NSCA, 2018 FSU Graduate Student Mentor of the Year, and 2020 FSU Distinguished Teacher of the Year. His course, “Changing Body Composition Through Diet and Exercise” is available worldwide through The Great Courses. Follow Dr. Ormsbee on *Social Media*: @mikeormsbee

“Congratulations to Michael for this well-deserved award,” said Dr. William Kraemer. “He has changed many lives and exemplifies what it is to be an NSCA professional. 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, Michael Ormsbee 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.

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



everyone stronger

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.