

COLIN WILBORN, PHD, CSCS,*D, NSCA-CPT,*D, FNSCA

Education

2006 – Doctor of Philosophy in Exercise, Nutrition and Preventive Health – Baylor University
2003 – Master of Science in Exercise Physiology – Baylor University
2001 – Bachelor of Science in Exercise Physiology – University of Mary Hardin-Baylor

Biography

Colin Wilborn currently serves as Executive Dean of the Mayborn College of Health Sciences, Dean of Health Professions, and Director of the Strength and Conditioning Education Program at the University of Mary Hardin-Baylor (UMHB). He has served in various dean roles over the last 13 years while continuing to teach in multiple disciplines. Wilborn was the driving force behind starting a Physical Therapy, Occupational Therapy, Physician Assistant, and Public Health Programs at UMHB. Most recently, he started a Strength and Conditioning Education Program that was one of the first in the country to become accredited. He has published over 200 peer-reviewed articles, abstracts, and book chapters on the effects of sport supplements and exercise on body composition, metabolism, and performance. Wilborn was the recipient of the NSCA's 2015 GNC Nutritional Research Award. Along with being a Fellow, he served two terms on the Board of Directors for the National Strength and Conditioning Association as the Academician/Researcher Member. His prior appointments include Vice President and Treasurer. Wilborn currently serves as Vice Chair on the Council on Accreditation of Strength and Conditioning Education Board of Directors. He also serves as a Senior Associate Editor for the Journal of Strength and Conditioning Research. In addition, Wilborn is a Fellow and former Vice President of the International Society of Sports Nutrition. He resides in Central Texas with his family and begins his 17th year at UMHB this Fall.

NSCA Involvement

- Board of Directors, Academician/Researcher Representative (2018 – 2021)
- Board of Directors, Vice President (2015 – 2016 and 2019 – 2020)
- Board of Directors, member (2013 – 2016)
- Board of Directors, Secretary/Treasurer (2014 – 2015)
- CASCE Board of Directors, Vice Chair (2020 – present)
- *The Journal of Strength and Conditioning Research*, Senior Associate Editor and reviewer (2015 – present)
- *Strength and Conditioning Journal*, Associate Editor and reviewer (2015 – present)
- Co-authored a book chapter in *NSCA's Guide to Sport and Exercise Nutrition* (2021)
- Finance Committee, member (2019 – 2020)
- Education Committee, Co-Chair (2017 – 2018)
- Education Committee, member (2016 – 2018)
- Co-authored a book chapter in *NSCA's Essentials of Tactical Strength and Conditioning* (2017)
- Fellow of the NSCA (2017)

- Education Committee, Chair (2016)
- NSCA Nutritional Researcher of the Year (2015)
- NSCA Foundation, Grant Committee, member (2011 – 2014)
- Research Committee, Chair (2012 – 2013)
- Research Committee, member (2010 – 2013)
- Co-authored a book chapter in *NSCA's Guide to Sport and Exercise Nutrition* (2011)
- Grant Review Ad-Hoc Committee (2009 – 2011)
- Scientific Programs Subcommittee (2011)
- ERP Coordinator/Sponsor (2007 – 2010)

Vision Statement

I am always a little uncomfortable answering the question of “what is MY vision?” I don’t much care for this question because I think in order for a vision to be successful it must be a shared vision, rather than a single person’s vision. The broad vision that I share with the NSCA is to “advance the strength and conditioning profession” which I believe we can move towards by focusing on the following two goals: 1) fostering the 2021 strategic plan to completion and 2) being an advocate for accreditation. I believe these are two substantive issues that will be facing the NSCA during the next president’s tenure.

The 2021 strategic plan focused on advancing professional development, community, advocacy, communication, and organizational excellence. I was blessed to be a part of the group that collectively developed this new plan for the association. I feel very strongly that the next president should be charged with fulfilling this robust plan and setting the stage for the next strategic plan that will guide the NSCA through the next decade. I believe deeply in the plan and goals, and know that my skillset and experience can assist us in achieving them. Advancing communication and community starts by listening to our membership and constituents using an open-door policy. The team of people I work with know that they can reach out to me anytime and know I will always listen and take their thoughts seriously. That would not be any different if I were president of the NSCA. I believe that we can advance professional development through education on diversity, mentorship opportunities, and improving dissemination of research. My 15+ years in academic leadership roles have provided me with significant experience in research, education, and training pathways. Goals like this, along with many others, are key to the NSCA’s growth and advancement.

In alignment with advancing professional development and advocacy, the NSCA, in conjunction with CASCE, has made the timely and significant move towards educational accreditation to sit for the CSCS exam. I have been involved in every step of this process beginning back in 2016, including now serving as a program director for one of the first programs in the country to receive accreditation. I feel deeply that this initiative will be one of the most significant moves the NSCA has ever made. This will ensure that not only all CSCS’s have the knowledge base to become successful coaches, but they will all have a base level of practical application to hold the credentials of distinction. My history with CASCE and numerous other accrediting bodies, combined with my current position overseeing multiple accredited programs gives me a unique position that will allow me to advance advocacy and professional development for the association.

My desire for the NSCA is to further the mission of bridging the gap between science and application and truly become the worldwide leader in strength and conditioning. The NSCA can accomplish this mission with the shared vision and strategic plan that are already in place with a leader who aligns with these goals. I know that my significant experience with NSCA and CASCE, alignment with the association’s vision, and current senior leadership position in education will allow me to advance the association and foster its goals to completion.