
PRESS RELEASE

June 20, 2022


FOR IMMEDIATE RELEASE

The National Strength and Conditioning Association (NSCA) Announces 2022 Alvin Roy Award for Career Achievement Recipient Mike Greenwood, PhD, FNSCA, CSCS,*D, FISSN, FACSM

Colorado Springs, CO – The National Strength and Conditioning Association (NSCA) is proud to announce the winners of the organization’s 2022 Career Awards. Each year, these distinguished awards honor those individuals who have made significant contributions to the strength and conditioning community throughout their careers. Each of the award winners will be formally recognized at the NSCA’s National Conference which will be held from July 6-9 in New Orleans, LA.

The **Alvin Roy Award for Career Achievement**, created in 1986, honors Alvin Roy, who helped establish strength and conditioning as the cornerstone of any training program. Roy was one of the first coaches to show that lifting weights would improve both speed and power, and he helped debunk the myth that lifting weights made athletes slower. In his honor, this esteemed award is given to an individual whose career achievements made a substantial impact on the scientific understanding, methodologies, and practice of resistance training as a component of sports conditioning. The Board of Directors is honored to announce the 2022 recipient, **Mike Greenwood, PhD, FNSCA, CSCS,*D, FISSN, FACSM**.

Dr. Mike Greenwood’s career spanned over forty years as a coach, teacher, researcher, administrator, and leader in many professional and service organizations. He began his career teaching high school physical education and coaching football, track, and basketball. Mike served as an assistant professor, baseball, and basketball coach at Hardin Simmons University. After completing his doctoral degree, he was as an associate professor and Head Baseball Coach at Barry University where he was named the 1995 Sunshine State Conference Baseball Coach-of-the-Year. Mike was tenured as a full professor at Arkansas State University and began collaborating with the Exercise and Sport Nutrition Lab (ESNL) at the University of Memphis. He continued as a research associate with the ESNL when it relocated to Baylor University where he served as a professor, and graduate coordinator. At Texas A&M University, Mike was a clinical professor, director of the West Point Faculty Development program, and continued as an ESNL research associate. During his career, Mike’s research focused on physical education, coaching, motor control, sport psychology, and professional development of strength and conditioning specialists. In collaboration with ESNL researchers and doctoral students, Mike’s research also included seminal work



on creatine supplementation as well as significant research on the safety and efficacy of β -hydroxy β -methylbutyrate (HMB), conjugated linoleic acids (CLA), ribose, nutrient timing, and many other nutritional interventions designed to optimize strength training and performance. Mike was CSCS,*D Certified and RSCC*D Credentialed. He contributed chapters related to facility management and safety for the NSCA's Essentials of Strength and Conditioning textbook and wrote several sport nutrition-related books and contributed to several highly cited position stands published by the International Society of Sports Nutrition. He has more than 225 publications and 5,000 citations in the literature. Mike was also very involved in his professional organizations serving on over 50 state, regional, and national committees. His service to the NSCA, included service as the state director in Arkansas and Texas and a member of numerous committees (e.g., education committee, curriculum director for NSCA educational recognition programs, committee for disabled populations, undergraduate and graduate education recognition subcommittee, educator of the year award subcommittee, executive council of the NSCA certification commission, research, and education committee). In addition, Mike served as an abstract, scholarship, and grant reviewer for the NSCA as well as a reviewer, editorial board member, and/or associate editor on multiple journals, including the Journal of Strength and Conditioning Research and the Strength and Conditioning Journal. In addition, Mike received numerous departmental, college, university, and professional awards and fellowships throughout his career in recognition for his teaching, scholarship, and service. He was a fellow of the International Society of Sport Nutrition, the American College of Sports Medicine, and he was very proud to also be a fellow of the National Strength and Conditioning Association and to have received the NSCA Educator of the Year Award in 2004. Dr. Mike Greenwood's dedication to teaching, scholarship, and service will live on through the thousands of lives he has positively influenced throughout his career.

For more information regarding the NSCA and these awards, please visit www.nasca.com/membership/awards.

Media Note: To schedule an interview, 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.