



**Dr. WILLIAM J. KRAEMER,
PH.D**

Dr. William J. Kraemer, an internationally reputed scientist in the field of sports medicine, is currently the Director of Research in the Dean's Office of the Neag School of Education and a full professor in the Department of Kinesiology working in the Human Performance Laboratory at the University of Connecticut, Storrs, CT. He also holds the position of a full professor in the Department of Physiology and Neurobiology along with an appointment as a Professor of Medicine at the UCONN Health Center/School of Medicine.

Dr. Kraemer received his B.S from the University of Wisconsin-LaCrosse in 1975 in the Department of Health and Physical Education with his major fields of study being Physical Education and Health Education and his M.S from the University of Wyoming, Laramie, WY in 1978 in the School of Allied Health Professions with major fields of study being Exercise Physiology. He received his doctoral degree from the University of Wyoming in 1984 in the Department of Zoology and Physiology with his major fields of study being physiology and biochemistry with a minor in biostatistics.

Prior to his scientific career he taught and coached football as well as strength and conditioning at the secondary school levels in Minnesota and Wisconsin. He then taught in the biology and physical education departments and coached football, wrestling, and strength training at Carroll College in Wisconsin for several years prior to going back for his doctoral work and start of his scientific career. Having roots for his current position at the University of Connecticut, he had served as an Assistant Professor and head of the Sports Medicine Research program in the Departments of Kinesiology and Physiology and Neurobiology from 1987-1989. He held the rank of a full Professor of Applied Physiology at the Pennsylvania State University. At Penn State he had served since 1989 as Director of the Laboratory for Sports Medicine and was Director of Research for the Center for Sports Medicine on the University Park campus and held an appointment in the Department of Orthopedics in the College of Medicine at Penn State's Milton S. Hershey Medical Center, Hershey PA. He also served as the Associate Director for the Center for Cell Research at Penn State and participated in a diverse cellular research program including work with two space

shuttle projects for NASA. He held appointments in the Inter-college Program in Physiology, the Department of Kinesiology, and in the Gerontology Center. In addition, his experience has included holding various scientific and academic appointments including being a commissioned officer in the U.S. Army working in military R & D at U.S. Army's Research Institute of Environmental Medicine in Natick, Massachusetts and as an adjunct professor at Boston University. Dr. Kraemer held the John and Janice Fisher Endowed Chair in Exercise Physiology, and was director of the Human Performance Laboratory and a full Professor at Ball State University in Muncie, IN from 1998 until June of 2001[William J. Kraemer] . In addition, Dr. Kraemer was a Professor-of Physiology and Biophysics at the Indiana University School of Medicine.

Dr. Kraemer is currently a Fellow in the American College of Sports Medicine and has served as a member of the ACSM's Board of Trustees and Administrative Council. He is a past president of the National Strength and Conditioning Association (NSCA) and was honored by the NSCA with both their Outstanding Sports Scientist Award in 1992 and the NSCA's highest award, the Lifetime Achievement Award in 1994 for his contributions of bringing science into the field of strength and conditioning. He was named the "Educator of the Year" by the NSCA in 2002. Dr. Kraemer also chairs the oversight committee on Strength Training for National Aeronautics and Space Administration (NASA) headquarters in Washington DC over viewing strength training for the International Space Station for NASA and shuttle missions at the Johnson's Space Center in Houston, Texas. Dr. Kraemer is also a member of the American Physiological Society and the Endocrine Society. In addition, Dr. Kraemer serves on numerous scientific journal editorial boards and is the current Editor-In-Chief of the Journal of Strength and Conditioning Research and Associate Editor of Medicine and Science in Sports and Exercise and is on the Editorial Board for the Journal of Applied Physiology. Dr. Kraemer has also been a sport science liaison for the USOC to USA tennis, team handball, basketball, wrestling, and soccer. He has authored and co-authored over 250 manuscripts in the scientific literature related to sports medicine and sports science. In addition, he has authored or co-authored five books in the