

PRESS RELEASE  
FOR IMMEDIATE RELEASE

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## **National Strength and Conditioning Association (NSCA) Celebrates 2021 Nutritional Research Achievement Award Winner Grant Tinsley, PhD, CSCS,\*D**

**Colorado Springs, CO** – The National Strength and Conditioning Association is proud to announce that Dr. Grant Tinsley has been selected as the NSCA’s Nutritional Research Achievement Award winner for 2021. Dr. Tinsley becomes the 18<sup>th</sup> recipient of the award, which has been handed out since 2003. A volunteer committee, the NSCA’s Research Committee, as well as past recipients of this award determine the winner based on their contributions to the NSCA, their community, and research in strength and conditioning.

Dr. Grant Tinsley is an Assistant Professor and Director of the Energy Balance & Body Composition Laboratory at Texas Tech University in Lubbock, TX. His primary research interests are the critical evaluation of body composition assessment techniques, the influence of intermittent fasting on resistance training adaptations, and sports nutrition strategies to improve performance and body composition. Tinsley has published over 70 peer-reviewed journal articles, directed 10 externally supported projects, and won several awards for his research and teaching achievements. He has been a Certified Strength & Conditioning Specialist since 2013 and was recently recertified with distinction (CSCS,\*D).

Dr. Grant Tinsley will receive special recognition of his accomplishment at the NSCA National Conference which will be held 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. For more information regarding the NSCA and their awards, please visit [www.nasca.com](http://www.nasca.com).

**Media Note:** To schedule an interview with an award winner, contact [Marketing@nsca.com](mailto: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.