

Meet Our NEACSM Past President



NEACSM's 20th Past President: Lawrence Armstrong

Education: B.Ed. (Biology) & M.Ed. (Science Education), University of Toledo, OH; Ph.D. (Human Bioenergetics), Ball State University, IN

Current or most recent affiliation: University of Connecticut, 1990–2018.

Honors & Awards: Texas Regional Chapter of ACSM, Lecture Tour Speaker Award, 2018; Danone Nutricia Research, Hydration Award, France, 2018; National ACSM Citation Award, 2018; UConn Corey Stringer Institute, Lifesaving Education Award, 2016; National ACSM President, 2015–2016; UConn School of Education, Outstanding Faculty Research Award, 2005; NEACSM, Honor Award for Exemplary Service, 1996; NSCA Presidential Award for journal contributions in Environmental Physiology, 1993; Became a Fellow of ACSM, 1986; U.S. Department of the Army, Award for heatstroke patient research, 1989; Aerospace Medical Association, Environmental Science Award, 1986; Ohio Academy of Sciences, Outstanding H.S. Science Teacher of Northwest Ohio, 1978

Professional Interests: assessing hydration status, thirst, thermal physiology, exercise, and metabolism

NEACSM Service

1. What first inspired you to enter the Exercise Science/Sports Medicine Field? What made you decide to pursue your advance degree and/or line of research/service?

After earning a Bachelor's degree, I taught high school biology and chemistry for 7 years and coached for 14 seasons in 3 sports. At the age of 29, I needed other challenges and began searching for a career path that would combine my love of sport and science. Exercise Physiology was the answer.

2. As a student, who were your mentors and what role did they play in your professional development? As a professional, was there anyone who was also instrumental in your career development?

David L. Costill was my doctoral advisor at Ball State University. Roger W. Hubbard was the director of the Heat Research Division, USARIEM during the 7 years that I served as a Research Physiologist. The faculty of the Department of Kinesiology at UConn (1990–2018) encouraged excellence in research and teaching.

3. What is it about Exercise Science/Sports Medicine that still inspires you today?

Producing publications that will far outlive me, which will speak to future researchers and practitioners, and that will benefit humankind. The blend of physiology, biology, exercise, sport performance, and medicine.

4. Why and how did you decide to get involved with NEACSM? How did your service help you grow as a professional?

As a high school teacher in OH, I met my doctoral advisor at a Midwest ACSM Regional Chapter meeting and participated in that chapter for 3 years. When I moved to Massachusetts in 1990, I immediately sought ways to serve the NEACSM Regional Chapter in any way possible. The annual meeting and NEACSM officers/members stimulated and motivated me.

5. What are your most memorable moments from your service to NEACSM?

NEACSM named the Minority Student Scholarship in my honor, for successfully initiating that scholarship. This was the first of its kind among all ACSM Regional Chapters. The remarkable leaders of NEACSM. Representing New England states as President of NEACSM

6. What do you think are your most meaningful contributions to the field of Exercise Science/Sports Medicine?

The remarkable, motivated, dedicated graduate students that I was honored to work with at UConn. I still publish articles with several of them today, as a colleague. 240 peer-reviewed scientific publications in the fields of exercise physiology, exertional heat illnesses, body temperature regulation, and human hydration.

7. What advice would you have for future leaders of NEACSM?

Look for those who are disadvantaged or underserved. Help them by using your professional stature, leadership positions, and power to advance their careers. Become a Fellow of ACSM

8. What advice would you give to students who are looking to pursue a career in Exercise Science/Sports Medicine?

1. Use your talents and abilities to serve others, wherever and whenever you can. This will bring you the greatest career satisfaction possible.
2. Identify the things in life that you most enjoy doing... those things that you are passionate about. Make them the foundations of your career.
3. Share your successes and victories with those who assist you.