Human Performance Optimization: Integrated Physiology of Exercise Adaptations

The Division of Kinesiology & Health invites you to hear from…

Professor William (Bill) Kraemer, PhD.

Friday, October 19th
12:00 – 1:00p.m.
UW High Altitude Performance Center – Squad Room

Biography
1978 MS and 1984 PhD graduate of UW – 2018 Alumnus of the Year. World authority in resistance training application to human health and performance. Teacher, researcher, high school and college coach, and current director of The Ohio State University Neuroscience and Neuromuscular Laboratory. Over 475 peer reviewed publications, 12 books, and 60,000+ citations. Fellow in four professional societies, founder and editor-in-chief of the Journal of Strength and Conditioning Research. Millions of dollars of research funding from federal, corporate, and foundation agencies. National Strength and Conditioning Association’s Lifetime Achievement Award winner.