

# James L. Nuzzo, PhD, CSCS

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## EDUCATION

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<b>PhD, Physiology</b>	University of New South Wales	(Dec 2016)
<b>MS, Exercise Science</b>	Appalachian State University	(May 2008)
<b>BS, Exercise Science</b>	Slippery Rock University	(Aug 2006)

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## EMPLOYMENT HISTORY

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<b>Head of Exercise Science Research</b>	Vitruvian	(Feb 2021 - July 2022)
<i>Adjunct Senior Lecturer</i>	Edith Cowan University	(Mar 2022 - present)
<i>Adjunct Lecturer</i>	Edith Cowan University	(Mar 2021 - Mar 2022)
<b>Research Assistant (casual)</b>	Edith Cowan University	(Aug 2020 - Dec 2020)
<b>Postdoctoral Fellow (casual)</b>	Neuroscience Research Australia	(Apr 2020 - Dec 2020)
<b>Postdoctoral Fellow</b>	Neuroscience Research Australia	(Nov 2016 - Dec 2019)
<i>Visiting Delegate</i>	Edith Cowan University	(Mar 2019 - Dec 2019)
<i>Conjoint Lecturer</i>	University of New South Wales	(Apr 2018 - Dec 2019)
<i>Co-editor Motor Impairment Blog</i>	Neuroscience Research Australia	(Jun 2017 - July 2019)
<b>SPSS Private Tutor</b>	WyzAnt Tutoring	(July 2012 - Feb 2013)
<b>Research Support Specialist</b>	University of South Florida	(Nov 2010 - Dec 2012)
<b>Instructor</b>	Slippery Rock University	(Aug 2008 - May 2010)
<b>Graduate Assistant</b>	Appalachian State University	(Aug 2006 - May 2008)
<b>Exercise Specialist</b>	Aebersold Student Recreation Center	(July 2005 - May 2006)

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## UNIVERSITY COURSES INSTRUCTED

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Applied Anatomy	(Aug 2008 - May 2010)
Measurement and Statistical Applications in Exercise Science	(Aug 2008 - May 2010)
Exercise Leadership: Resistance Training	(Aug 2008 - May 2010)
Biomechanics Laboratory (*graduate teaching assistant)	(Aug 2006 - May 2008)

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## RESEARCH INTERESTS

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Exercise science  
Resistance training  
Neuromuscular adaptations to exercise  
Neurophysiology of motor control  
Muscle strength and physical fitness testing  
History of resistance training research  
Men's health  
Scientometrics and bibliometrics in exercise, sport, and medical science  
Sociopolitical narratives in exercise, sport, and medical science

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## BOOK CHAPTERS

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**Nuzzo, JL**, Cormie, P, McBride, JM (2009). Power in resistance exercise. In M. Duncan, & M. Lyons (Eds.), *Advances in strength and conditioning research* (pp. 123-145). New York, NY: Nova Science Publishers, Inc.

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## JOURNAL PUBLICATIONS

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1. **Nuzzo JL** (In press). Narrative review of sex differences in muscle strength, endurance, activation, size, fiber type; and strength training participation rates, preferences, motivations, injuries, and neuromuscular adaptations. *Journal of Strength and Conditioning Research*.
2. **Nuzzo JL**, Nosaka K (2022). Comment on: “Stepwise load reduction training: a new training concept for skeletal muscle and energy systems.” *Sports Medicine*.
3. **Nuzzo JL** (2021). Inconsistent use of resistance exercise names in research articles: a brief note. *Journal of Strength and Conditioning Research* 35: 3518-3520.
4. **Nuzzo JL** (2021). Letters to the editor in exercise science and physical therapy journals: an examination of content and “authorship inflation.” *Scientometrics* 126: 6917-6936.
5. **Nuzzo JL** (2021). Content analysis of patent applications for strength training equipment filed in the United States before 1980. *Journal of Strength and Conditioning Research* 35: 2952-2962.
6. **Nuzzo JL** (2021). History of strength training research in man: an inventory and quantitative overview of studies published in English between 1894 and 1979. *Journal of Strength and Conditioning Research* 35: 1425-1448.
7. Latella C, Pinto M, **Nuzzo JL**, Taylor JL (2021). Effects of post-exercise blood flow occlusion on quadriceps responses to transcranial magnetic stimulation. *Journal of Applied Physiology*. 130: 1326-1336.
8. **Nuzzo JL**, Kennedy DS, Finn HT, Taylor JL (2021). Voluntary activation of knee extensor muscles with transcranial magnetic stimulation. *Journal of Applied Physiology*. 130: 589-604.
9. **Nuzzo JL** (2021). Preliminary evidence that letters to the editor are indexed inconsistently in PubMed and in exercise science and physical therapy journals: implications and resolutions. *Learned Publishing*. 34: 241-252.
10. **Nuzzo JL** (2021). Volunteer bias and female participation in exercise and sports science research. *Quest* 73: 82-101.
11. **Nuzzo JL** (2021). Time to reconsider foot and leg position during the bench press. *Strength and Conditioning Journal* 43: 101-106.
12. **Nuzzo JL** (2020). Bias against men’s issues within the United Nations and World Health Organization. *Psychreg Journal of Psychology* 4: 120-150.
13. **Nuzzo JL** (2021). Reply to: Comment on: “The case for retiring flexibility as a major component of physical fitness.” *Sports Medicine* 51: 189-191.
14. **Nuzzo JL** (2020). Reply to Kruse: Comment on: “The case for retiring flexibility as a major component of physical fitness.” *Sports Medicine* 50: 1409-1411.

15. **Nuzzo JL** (2020). The case for retiring flexibility as a major component of physical fitness. *Sports Medicine* 50: 853-870.
16. **Nuzzo JL** (2020). Correcting a historical error about female participation in training studies prior to 1975. *Quest* 72: 373-382.
17. **Nuzzo JL** (2020). Sex difference in participation in muscle-strengthening activities. *Journal of Lifestyle Medicine* 10: 110-115.
18. **Nuzzo JL**, Steele, J. (2020). Letter to the editor: parkrun and the claim of “elitism” in paid-entry run/walk events. *American Journal of Health Promotion* 34: 806-807.
19. **Nuzzo JL** (2020). Growth of exercise science in the United States since 2002: a secondary data analysis. *Quest*. 72: 358-372.
20. **Nuzzo JL** (2020). Large sex difference despite equal opportunity: authorship of over 3,000 letters in exercise science and physical therapy journals over 56 years. *Scientometrics*. 124: 679-695.
21. **Nuzzo JL**, Steele J (2020). Time for a causal systems map of physical activity. *Bulletin of the World Health Organization* 98: 224-225.
22. **Nuzzo JL** (2020). Men’s health in the United States: a national health paradox. *Aging Male* 23: 42-52.
23. Jones MJ, **Nuzzo JL**, Taylor JL, Barry BK (2019). Aerobic exercise reduces pressure more than heat pain sensitivity in healthy adults. *Pain Medicine* 20: 1534-1546.
24. **Nuzzo JL**, Finn HT, Herbert RD (2019). Causal mediation could resolve whether training-induced increases in muscle strength are mediated by muscle hypertrophy. *Sports Medicine* 49: 1309-1315.
25. **Nuzzo JL**, Taylor JL, Gandevia SC (2019). CORP: Measurement of upper and lower limb muscle strength and voluntary activation. *Journal of Applied Physiology* 126: 513-543.
26. Donges SC, Taylor JL, **Nuzzo JL** (2019). Elbow angle modulates corticospinal excitability to the resting biceps brachii at both spinal and supraspinal levels. *Experimental Physiology* 104: 546-555.
27. **Nuzzo JL** (2019). Reply to Williams et al.: Comment on: “Equity in physical activity: a misguided goal.” *Sports Medicine* 49: 641-643.
28. **Nuzzo JL** (2019). Equity in physical activity: a misguided goal. *Sports Medicine* 49: 501-507.
29. **Nuzzo JL** (2018). Equity in physical activity is a misguided goal. *Medicine and Science in Sports and Exercise* 50: 1341.
30. **Nuzzo JL**, Barry BK, Gandevia SC, Taylor JL (2018). Effects of acute isometric exercise on cervicomedullary motor evoked potentials. *Scandinavian Journal of Medicine and Science in Sports* 28: 1514-1522.
31. **Nuzzo JL**, Barry BK (2017). Editorial makes unsubstantiated claims about high-load resistance training. *Journal of Applied Physiology* 123: 1419-1420.
32. **Nuzzo JL**, Barry BK, Jones MD, Gandevia SC, Taylor JL (2017). Effects of four weeks of strength training on the corticomotoneuronal pathway. *Medicine and Science in Sports and Exercise* 49: 2286-2296.
33. **Nuzzo JL** (2017). Words and patterns that comprise resistance training exercise names. *Journal of Strength and Conditioning Research* 31: 826-830.

34. **Nuzzo JL**, Barry BK, Gandevia SC, Taylor JL (2016). Stability of biceps brachii  $M_{max}$  with one session of strength training. *Muscle and Nerve* 54: 791-793.
35. **Nuzzo JL**, Trajano GS, Barry BK, Gandevia SC, Taylor JL (2016). Arm posture-dependent changes in corticospinal excitability are largely spinal in origin. *Journal of Neurophysiology* 115: 2076-2082.
36. **Nuzzo JL**, Barry BK, Gandevia SC, Taylor JL (2016). Acute strength training increases responses to stimulation of corticospinal axons. *Medicine and Science in Sports and Exercise* 48: 139-150.
37. **Nuzzo JL** (2015). The National Football League Scouting Combine from 1999 to 2014: normative reference values and an examination of body mass normalization techniques. *Journal of Strength and Conditioning Research* 29: 279-289.
38. Mayer JM, **Nuzzo JL** (2015). Worksite back and core exercise in firefighters: effect on development of multifidus muscle size. *Work* 50: 621-627.
39. **Nuzzo JL**, Haun D, Mayer JM (2014). Ultrasound measurements of lumbar multifidus and abdominal muscle size in firefighters. *Journal of Back and Musculoskeletal Rehabilitation* 27: 427-433.
40. **Nuzzo JL** (2014). Commercial and non-commercial strength and conditioning practices in the United States. *Strength and Conditioning Journal* 36: 66-72.
41. **Nuzzo JL**, Schindler CL, Ryan WJ (2013). Exercise dependence symptoms in a sample of exercise science students in the United States. *International Journal of Mental Health and Addiction* 11:611-618.
42. **Nuzzo JL**, Mayer JM (2013). Body mass normalization for isometric tests of muscle endurance. *Journal of Strength and Conditioning Research* 27: 2039-2045.
43. **Nuzzo JL**, McBride JM (2013). The effect of loading and unloading on muscle activity during the jump squat. *Journal of Strength and Conditioning Research* 27: 1758-1764.
44. Martuscello JM, **Nuzzo JL**, Ashley CD, Campbell BI, Orriola JJ, Mayer JM (2013). Systematic review of core muscle activity during physical fitness exercises. *Journal of Strength and Conditioning Research* 27: 1684-1698.
45. **Nuzzo JL**, Mayer JM (2013). Body mass normalisation for ultrasound measurements of lumbar multifidus and abdominal muscle size. *Manual Therapy* 18: 237-242.
46. Mayer JM, Graves JE, Manini TM, **Nuzzo JL**, Ploutz-Snyder LL (2013). Lumbar muscle activation during common lifts: a preliminary study using magnetic resonance imaging. *Journal of Applied Biomechanics* 29: 147-154.
47. Mayer JM, **Nuzzo JL**, Dagenais S (2013). Use of participant focus groups to identify barriers and facilitators to worksite exercise therapy adherence in randomized controlled trials involving firefighters. *Journal of Patient Preference and Adherence* 7, 207-215.
48. Mayer JM, **Nuzzo JL**, Chen R, Quillen WS, Verna JL, Dagenais S (2012). The impact of obesity on back and core muscular endurance in firefighters. *Journal of Obesity* 2012: doi:10.1155/2012/729283.
49. **Nuzzo JL**, Anning JH, Scharfenberg JM (2011). The reliability of three devices used for measuring vertical jump height. *Journal of Strength and Conditioning Research* 25: 2580-2590.
50. Dayne AM, McBride JM, **Nuzzo JL**, Triplett NT, Skinner J, Burr A (2011). Power output in the jump squat in adolescent male athletes. *Journal of Strength and Conditioning Research* 25: 585-589.

51. **Nuzzo JL**, McBride JM, Dayne AM, Israetel MA, Dumke CL, Triplett NT (2010). Testing of the maximal dynamic output hypothesis in trained and untrained subjects. *Journal of Strength and Conditioning Research* 24: 1269-1276.
52. McBride JM, **Nuzzo JL**, Dayne AM, Israetel MA, Nieman DC, Triplett NT (2010). Effect of an acute bout of whole body vibration exercise on muscle force output and motor neuron excitability. *Journal of Strength and Conditioning Research* 24: 184-189.
53. Israetel MA, McBride JM, **Nuzzo JL**, Skinner JW, Dayne AM (2010). Kinetic and kinematic differences between squats performed with and without elastic bands. *Journal of Strength and Conditioning Research* 24: 190-194.
54. **Nuzzo JL**, Cavill MJ, Triplett NT, McBride JM (2009). A descriptive study of lower-body strength and power in overweight adolescents. *Pediatric Exercise Science* 21: 34-46.
55. McBride JM, McCaulley GO, Cormie P, **Nuzzo JL**, Cavill MJ, Triplett NT (2009). Comparison of methods to quantify volume during resistance exercise. *Journal of Strength and Conditioning Research* 23: 106-110.
56. McCaulley GO, McBride JM, Cormie P, Hudson MB, **Nuzzo JL**, Quindry JC, Triplett NT (2009). Acute hormonal and neuromuscular response to hypertrophy, strength and power type resistance exercise. *European Journal of Applied Physiology* 105: 695-704.
57. **Nuzzo JL**, McBride JM, Cormie P, McCaulley GO (2008). Relationship between countermovement jump performance and multi-joint isometric and dynamic tests of strength. *Journal of Strength and Conditioning Research* 22: 699-707.
58. **Nuzzo JL**, McCaulley GO, Cormie P, Cavill MJ, McBride JM (2008). Trunk muscle activity during stability ball and free weight exercises. *Journal of Strength and Conditioning Research* 22: 95-102.
59. McCaulley GO, Urbiztondo ZG, Cavill MJ, **Nuzzo JL**, Cormie P, McBride JM (2007). Mechanical efficiency during repetitive vertical jumping. *European Journal of Applied Physiology* 101: 115-123.

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## CONFERENCE ABSTRACTS

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1. Latella C, **Nuzzo JL**, Mesquita RNO, Taylor JL (Nov 2021). *Estimates of persistent inward currents in quadriceps motoneurons of individuals with and without a history of chronic exercise training: a preliminary investigation*. Presentation at Symposium of Western Australian Neuroscience.
2. **Nuzzo JL**, Deaner R (Oct 2021). *Sex differences in willingness to participate in exercise physiology experiments*. Poster presentation at American Physiological Society New Trends in Sex and Gender Medicine Virtual Conference.
3. **Nuzzo JL**, Deaner R (Oct 2021). *Sex differences in willingness to participate in exercise research: preliminary survey results*. Oral presentation at British Psychological Society Men's Mental Health and Wellbeing Virtual Conference.
4. **Nuzzo JL**, Taylor JL, Gandevia SC (Nov 2018). *Reliability of tests of muscle strength and voluntary activation: a narrative review*. Poster presentation at International Motor Impairment Conference. Sydney, Australia.
5. **Nuzzo JL**, Barry BK, Gandevia SC, Taylor JL (July 2018). *Effects of high- and low-force isometric exercise on cervicomedullary motor evoked potentials*. Poster presentation at Annual Congress of European College of Sports Science. Dublin, Ireland.

6. **Nuzzo JL**, Donges SC, Taylor JL (July 2017). *Elbow angle modulates excitability of biceps brachii motoneurons*. Poster presentation at Progress in Motor Control XI. Miami, USA.
7. Finn H, **Nuzzo JL**, Kennedy D, Green S, Taylor JL (July 2017). *Maintained firing of group III/IV muscle afferents inhibits the recovery of quadriceps motoneurone excitability after a sustained contraction*. Oral presentation at European College of Sports Science. Essen, Germany.
8. **Nuzzo JL**, Barry BK, Jones MD, Gandevia SC, Taylor JL (Dec 2016). *Four weeks of strength training increases voluntary activation but not responses to stimulation of corticospinal axons*. Oral presentation at ANS Sensorimotor Control Meeting. Hobart, Australia.
9. **Nuzzo JL**, Barry BK, Gandevia SC, Taylor JL (Nov 2016). *Spinal changes after one session of isometric training of the elbow flexors are influenced by forearm posture*. Poster presentation at SFN Conference. San Diego, USA.
10. **Nuzzo JL**, Barry BK, Gandevia SC, Taylor JL (Feb 2015). *Ballistic and slow ramp isometric training of the elbow flexors increases responses to stimulation of corticospinal axons*. Oral presentation at ANS Sensorimotor Control Meeting. Brisbane, Australia.
11. **Nuzzo JL**, Barry BK, Gandevia SC, Taylor JL (July 2014). *Ballistic training of the elbow flexors increases responses to stimulation of human corticospinal axons*. Oral presentation at XX Congress of the International Society of Electrophysiology and Kinesiology. Rome, Italy.
12. Mayer JM, Chen R, Dagenais S, **Nuzzo JL**, Verna JL, Quillen WS (June 2012). *Relationship of back muscular endurance with anthropometric measures in firefighters*. Poster presentation at ACSM 59<sup>th</sup> Annual Meeting. San Francisco, USA.
13. **Nuzzo JL**, Quillen WS, Chen R, Mayer JM (Feb 2012). *Relationship between trunk muscular endurance and anthropometric measures in firefighters*. Poster presentation at University of South Florida Health Research Day. Tampa, USA.
14. Schindler CJ, Halasowski J, **Nuzzo JL**, Ryan WJ, Smith K (Nov 2010). *An assessment of exercise dependence symptoms in exercise science students*. Oral presentation at ACSM Mid-Atlantic Regional Chapter Conference. Harrisburg, USA.
15. **Nuzzo JL**, Anning JH, Scharfenberg JM (July 2010). *Intersession reliability of three devices used to measure countermovement vertical jump height*. Poster presentation at NSCA National Conference. Orlando, USA.
16. Scharfenberg JM, **Nuzzo JL**, Anning JH (Nov 2009). *Comparison of three different vertical jump height devices*. Oral presentation at ACSM Mid-Atlantic Regional Chapter Conference. Harrisburg, USA.
17. Dayne AM, **Nuzzo JL**, McBride JM, Burr A, Triplett NT (July 2009). *Power output in the jump squat in adolescent male athletes*. Oral presentation at NSCA National Conference. Las Vegas, USA.
18. **Nuzzo JL**, McBride JM, Dayne AM, Israetel MA, Dumke CL, Triplett NT (July 2008). *Effect of loading and deloading on power output during the jump squat*. Oral presentation at NSCA National Conference. Las Vegas, USA.
19. **Nuzzo JL**, McBride JM, Dayne AM, Israetel MA, Nieman DC, Triplett NT (July 2008). *Acute effects of whole body vibration exercise on muscle force output and motor neuron excitability*. Poster presentation at NSCA National Conference. Las Vegas, NV.

20. Dayne AM, McBride JM, Dumke CL, Triplett NT, **Nuzzo JL**, Israetel MA (July 2008). *Case study: In vivo assessment of muscle-tendon unit kinetics and kinematics in relation to mechanical efficiency during jumping*. Oral presentation at NSCA National Conference. Las Vegas, USA.
21. Dayne AM, Triplett NT, McBride JM, **Nuzzo JL**, Cavill, MJ (July 2008). *Lower-body strength and power in overweight children*. Poster presentation at NSCA National Conference. Las Vegas, USA.
22. Anning JH, **Nuzzo, JL** (July 2008). *Comparison of traditional and non-traditional warm-up protocols on maximal bench press performance*. Poster presentation at NSCA National Conference. Las Vegas, USA.
23. **Nuzzo JL**, McCaulley GO, Cormie P, Triplett NT, McBride JM (July 2007). *Trunk muscle activity during stability ball and free weight exercises*. Oral presentation at NSCA National Conference. Atlanta, USA.
24. **Nuzzo JL**, McCaulley GO, Cormie P, McBride JM (July 2007). *Influence of power and strength-power training on load-velocity performance*. Poster presentation at NSCA National Conference. Atlanta, USA.
25. McCaulley GO, McBride JM, **Nuzzo JL**, Cavill MJ, Urbiztondo ZG, Cormie P (July 2007). *Influence of eccentric pre-load on mechanical efficiency during repetitive vertical jumping*. Poster presentation at NSCA National Conference. Atlanta, USA.
26. Cavill MJ, McCaulley GO, **Nuzzo JL**, McBride JM (July 2007). *Comparison of volume determination methods in lower body resistance exercise*. Poster presentation at NSCA National Conference. Atlanta, USA.
27. **Nuzzo JL**, Anning, JH (Nov 2005). *Determining the optimal warm-up for the one-repetition maximum barbell bench press*. Oral presentation at ACSM Mid-Atlantic Regional Chapter Conference. Bushkill, USA.

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## LOCAL PRESENTATIONS

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1. **Nuzzo JL** (May 2019). *The influence of bad philosophy on exercise and medical science*. Oral presentation at Mannkal Economic Education Foundation. Perth, Australia.
2. **Nuzzo JL** (May 2019). *Strength training and the corticospinal pathway*. Oral presentation at Edith Cowan University School of Medical of Medical and Health Sciences. Perth, Australia.
3. **Nuzzo JL**, Taylor JL, Gandevia SC (Feb 2019). *Reproducibility of measures of muscle strength and voluntary activation*. Oral presentation at NeuRA Sensorimotor Seminar. Sydney, Australia.
4. **Nuzzo JL** (Jan 2019). *Parkrun and issues with academic scholarship*. Oral presentation at NeuRA Level 4 Weekly Motor Control Meeting. Sydney, Australia.
5. **Nuzzo JL** (June 2018). *Overview of European College of Sports Science conference 2018*. Oral presentation at NeuRA Level 4 Weekly Motor Control Meeting. Sydney, Australia.
6. **Nuzzo JL** (Mar 2018). *Equity in physical activity is a misguided goal*. Oral presentation at NeuRA Level 4 Weekly Motor Control Meeting. Sydney, Australia.
7. **Nuzzo JL** (July 2018). *Questionable data in publication on HMB supplements by Wilson et al*. Oral presentation at NeuRA Level 4 Weekly Motor Control Meeting. Sydney, Australia.

8. **Nuzzo JL** (June 2017). *Strength training: science, history, debate*. Oral presentation at NeuRA Level 4 Weekly Motor Control Meeting. Sydney, Australia.
9. **Nuzzo JL**, Barry BK, Gandevia SC, Taylor JL (Mar 2016). *Spinal level changes after one session of strength training of the elbow flexors are dependent on forearm posture during training*. Oral presentation at NeuRA Level 4 Weekly Motor Control Meeting. Sydney, Australia.
10. **Nuzzo JL**, Trajano GS, Barry BK, Gandevia SC, Taylor JL (July 2015). *Arm posture and evoked potential of the corticospinal path*. Oral presentation at NeuRA Sensorimotor Seminar. Sydney, Australia.
11. **Nuzzo JL**, Barry BK, Gandevia SC, Taylor JL (Aug 2014). *Training of the elbow flexors increases responses to stimulation of human corticospinal axons*. Oral presentation at NeuRA Sensorimotor Seminar. Sydney, Australia.
12. **Nuzzo JL**, Barry BK, Gandevia SC, Taylor JL (Sept 2013). *Effects of training on neural plasticity in the human motor pathway*. Oral presentation at NeuRA Level 4 Weekly Motor Control Meeting. Sydney, Australia.

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## INVITED BLOGS

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1. **Nuzzo JL** (July 9, 2019). The debate on muscle hypertrophy. Published at the Motor Impairment Blog. <https://motorimpairment.neura.edu.au/the-debate-on-muscle-hypertrophy/>.
2. **Nuzzo JL** (Feb 25, 2019). The learning effect with 1RM strength tests. Published at the Motor Impairment Blog. <https://motorimpairment.neura.edu.au/1rm-strength-tests/>.
3. **Nuzzo JL** (May 17, 2018). Jars of jam and muscle weakness in the morning. Published at the Motor Impairment Blog. <https://motorimpairment.neura.edu.au/jars-of-jam-and-muscle-weakness-in-the-morning/>.
4. **Nuzzo JL**, Taylor JL (Feb 6, 2018). Resistance training and the nervous system. Published at the ACSM's Sport's Medicine Bulletin. <https://www.multibriefs.com/briefs/acsm/active020618.htm>.
5. **Nuzzo JL** (Sept 7, 2017). Strength training improves the nervous system's ability to drive muscles. Published at the Motor Impairment Blog. <https://motorimpairment.neura.edu.au/strength-training-nervous-system/>.
6. **Nuzzo JL** (Nov 10, 2016). Hard and fast: power training improves walking speed and voluntary activation in mobility-limited older adults. Published at the Motor Impairment Blog. <https://motorimpairment.neura.edu.au/power-training-older-adults/>.
7. **Nuzzo JL** (Apr 7, 2016). Arm posture influences spinal cord excitability. Published at the Motor Impairment Blog. <https://motorimpairment.neura.edu.au/arm-posture-spinal-cord-excitability/>.
8. **Nuzzo JL** (Oct 1, 2015). One session of strength training makes the spinal cord more excitable. Published at the Motor Impairment Blog. <http://motorimpairment.neura.edu.au/one-session-of-strength-training-makes-the-spinal-cord-more-excitabile/>.

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## INTERVIEWS

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1. **Nuzzo JL** (Jan 24, 2022). "Episode 11 - Do researchers discriminate against females in exercise science research?" Podcast interview with Tea with Dr. G & Coach C. Available on Spotify,



YouTube, and at <https://www.teawithdrg.com/2022/01/24/episode-11-do-researchers-discriminate-against-females-in-exercise-science-research/>.

2. **Nuzzo JL**, Hoffernan C (Nov 29, 2021). “History of strength training inventions with Dr. Jim Nuzzo & Dr. Conor Hoffernan.” Podcast interview with NO LIFT! Powerlifting Podcast. Available on Spotify.
3. **Nuzzo JL**, Hoffernan C (Mar 29, 2021). “History of strength training research with Dr. Jim Nuzzo & Dr. Conor Hoffernan.” Podcast interview with NO LIFT! Powerlifting Podcast. Available on Spotify.
4. **Nuzzo JL** (Feb 13, 2021). “Roil Roundup Interview with Dr. James Nuzzo!” Interview with Roil Roundup YouTube channel. Available at [https://www.youtube.com/watch?v=2XQVkiCXT\\_o](https://www.youtube.com/watch?v=2XQVkiCXT_o).
5. **Nuzzo JL** (Jan 13, 2021). “Should flexibility be a major component of rehabilitation and fitness?” Interview with the Clinical Gap Podcast. Available on Spotify and at <https://www.zacharywalston.com/podcast/episode/4b040c3a/should-flexibility-be-a-major-component-of-rehabilitation-and-fitness>.
6. **Nuzzo JL** (Dec 29, 2020). “Misandry at the UN and WHO.” Interview with Regarding Men YouTube channel. Available at <https://www.youtube.com/watch?v=W5tZyiQeNzw&t=44s>.
7. **Nuzzo JL** (Sept 27, 2020). “Men’s health: a national health paradox – a conversation with Jim Nuzzo.” Interview with Regarding Men YouTube channel. Available at <https://www.youtube.com/watch?v=ZT2iaoBAUoo>.
8. **Nuzzo JL** (Mar 16, 2020). “Episode 60: The case for retiring flexibility as a major component of physical fitness with Dr. Jim Nuzzo.” Podcast interview with Clinical Athlete Podcast. Available on Spotify and <https://clinicalathlete.blubrry.net/ca060/>.
9. **Nuzzo JL** (Feb 11, 2020). “Episode 96: How important is flexibility and are you wasting your time stretching?” Podcast interview with NO LIFT! Powerlifting Podcast. Available on Spotify.
10. **Nuzzo JL** (Feb 18, 2019). “Episode 6: Is equity in health and physical activity a reasonable goal?” Podcast interview with Tea with Dr. G & Coach C. Available on Spotify, YouTube, and <https://www.teawithdrg.com/2019/02/18/episode-6-is-equity-in-health-and-physical-activity-a-reasonable-goal-we-think-not/>.

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## CERTIFICATIONS

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NSCA Certified Strength & Conditioning Specialist (CSCS)	<i>(Oct 2006 - present)</i>
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## AWARDS & HONORS

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Mark Rowe Prize for outstanding thesis in neurophysiology	<i>(Nov 2017)</i>
Neuroscience Research Australia Supplementary Scholarship	<i>(June 2013)</i>
UNSW International Postgraduate Research Scholarship	<i>(Mar 2013)</i>
Lambda Sigma Honor Society professor of the month	<i>(Feb 2010)</i>
Appalachian State University out-of-state tuition scholarship	<i>(Aug 2006)</i>
Appalachian State University graduate assistantship	<i>(Aug 2006)</i>
NSCA Challenge Scholarship	<i>(May 2006)</i>
Aebersold Student Recreation Center employee of the month	<i>(Sept 2005, Jan 2006)</i>
Shelia I. Drohan Scholarship	<i>(Apr 2005, 2006)</i>

Slippery Rock University Rising Star nominee	(Apr 2005)
Slippery Rock University Strength & Conditioning Association president	(Aug 2004 - May 2006)
Slippery Rock University Powerlifting Club president	(Sept 2003 - May 2004)
Lambda Sigma Honor Society	(Aug 2003 - May 2004)

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## GRANTS

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Anning JH, **Nuzzo JL**, Smith K, Lynn J (Dec 2008). *Critical analysis of strength and conditioning techniques*. Slippery Rock University Teaching and Learning Technology Roundtable Grant. Amount: \$4,713.00.

**Nuzzo JL**, McBride JM (July 2007). *Jump squat power output during deloading*. NSCA Graduate Research Grant-Master's. Amount: \$2,640.

**Nuzzo JL**, McBride JM (Sept 2006). *Comparison of muscle activity during isometric core and dynamic structural exercises*. Appalachian State University Office of Student Research Grant. Amount: \$250.

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## INTERNSHIPS & PRACTICUMS

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<b>Strength Coach</b>	Watauga High School (football, girls' volleyball)	(Mar 2007 - July 2008)
<b>Strength Coach</b>	UPMC Sports Performance	(May 2006 - Aug 2006)
<b>Strength Coach</b>	Slippery Rock University (men's soccer volunteer)	(Jan 2006 - May 2006)

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## SERVICE (JOURNAL REVIEWER)

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Journal	Reviews since Sept 2014
<i>Acta Physiologica</i>	1
<i>Applied Physiology, Nutrition, and Metabolism</i>	2
<i>European Journal of Applied Physiology</i>	2
<i>International Journal of Environmental Research and Public Health</i>	1
<i>Journal of Applied Physiology</i>	11
<i>Journal of Neurophysiology</i>	3
<i>Journal of Strength and Conditioning Research</i>	2
<i>Quest</i>	1
<i>Sports Medicine</i>	3
TOTAL	26

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