

# James L. Nuzzo, PhD, CSCS

Citizenship: Australia and United States of America

Residency: Perth, Australia

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## OVERVIEW

I have conducted and published academic research for about 20 years. My research interests include, but are not limited to, exercise neurophysiology, neuromuscular adaptations to resistance exercise, exercise nomenclature, the history of exercise research and equipment, sex differences in exercise preferences and performances, men's health, scientometrics and bibliometrics of academic publications, and the role of letters to the editor in academic publishing. The goals of my research are to better understand human nature, inform clinical practice, and provide individuals with the information they need to optimize their physical and mental health and flourish in the world.

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## EDUCATION

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

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## HONORARY POSITIONS

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|--------------------------------|-------------------------------|----------------------------|
| <i>Adjunct Senior Lecturer</i> | Edith Cowan University        | <i>Mar 2022 - Mar 2025</i> |
| <i>Adjunct Lecturer</i>        | Edith Cowan University        | <i>Mar 2021 - Mar 2022</i> |
| <i>Visiting Delegate</i>       | Edith Cowan University        | <i>Mar 2019 - Dec 2019</i> |
| <i>Conjoint Lecturer</i>       | University of New South Wales | <i>Apr 2018 - Dec 2019</i> |

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## ADVISORY BOARDS

|                     |                            |                           |
|---------------------|----------------------------|---------------------------|
| <i>Board Member</i> | Men's Health Network (USA) | <i>Aug 2023 - present</i> |
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## EMPLOYMENT

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|--|--|-----------------------------|
| <i>Research and Education Consultant</i> | Independent Contractor                     | <i>Nov 2023 - present</i>   |
| <i>Research Assistant (casual)</i>       | Edith Cowan University                     | <i>Aug 2022 - Dec 2024</i>  |
| <i>Head of Exercise Science Research</i> | Vitruvian                                  | <i>Feb 2021 - July 2022</i> |
| <i>Research Assistant (casual)</i>       | Edith Cowan University                     | <i>Aug 2020 - Dec 2020</i>  |
| <i>Postdoctoral Fellow (casual)</i>      | Neuroscience Research Australia            | <i>Apr 2020 - Dec 2020</i>  |
| <i>Postdoctoral Fellow</i>               | Neuroscience Research Australia            | <i>Nov 2016 - Dec 2019</i>  |
| <i>SPSS Private Tutor</i>                | WyzAnt Tutoring                            | <i>July 2012 - Feb 2013</i> |
| <i>Research Support Specialist</i>       | University of South Florida                | <i>Nov 2010 - Dec 2012</i>  |
| <i>Instructor</i>                        | Slippery Rock University                   | <i>Aug 2008 - May 2010</i>  |
| <i>Strength Coach Intern</i>             | Watauga High School (football, volleyball) | <i>Mar 2007 - July 2008</i> |
| <i>Graduate Assistant</i>                | Appalachian State University               | <i>Aug 2006 - May 2008</i>  |
| <i>Strength Coach Intern</i>             | UPMC Sports Performance                    | <i>May 2006 - Aug 2006</i>  |
| <i>Exercise Specialist</i>               | Aebersold Student Recreation Center        | <i>July 2005 - May 2006</i> |
| <i>Strength Coach Volunteer</i>          | Slippery Rock University (men's soccer)    | <i>Jan 2006 - May 2006</i>  |

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## UNIVERSITY COURSES INSTRUCTED

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

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## CERTIFICATIONS

|                                      |  |                           |
|--------------------------------------|--|---------------------------|
| Strength and Conditioning Specialist | National Strength & Conditioning Association | <i>Oct 2006 - present</i> |
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## PUBLICATION METRICS

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Google Scholar: *h*-index: 30

Citations: 4,999

Journal articles: 86 (\*71 first author)

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## JOURNAL ARTICLES (PUBLISHED)

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1. **Nuzzo JL.** (In Press). Drop sets – redefined. *International Journal of Strength and Conditioning*.
2. **Nuzzo JL.** (2026). Sex differences in sit-and-reach flexibility in children and adolescents: a meta-analysis. *Journal of Bodywork & Movement Therapies*. 47:608-619.
3. **Nuzzo JL,** Taylor JL, Latella C. (2026). Muscle strength, muscle endurance, voluntary activation, and perception of effort in myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS): an overview. *Fatigue: Biomedicine, Health & Behavior*. 14(1):42-60.
4. **Nuzzo JL** (2025). Bibliometric guides to early physical exercise, education, and rehabilitation research on girls and women. *Advances in Physiology Education*. 49(3):668-679.
5. **Nuzzo JL,** Pinto MD. (2025). Sex differences in upper- and lower-limb muscle strength in children and adolescents: a meta-analysis. *European Journal of Sport Science*. 25(5):e12282.
6. **Nuzzo JL.** (2025). Sex differences in grip strength from birth to age 16: a meta-analysis. *European Journal of Sport Science*. 25(3):e12268.
7. **Nuzzo JL.** (2024). Bibliometric guide to photographs of male participants in early exercise and physical medicine research. *Journal of Men's Health*. 20(12):9-32.
8. **Nuzzo JL.** (2024). Exercise physiology degrees in the United States: an update on secular trends. *Advances in Physiology Education*. 48(4):923-929.
9. **Nuzzo JL.** (2024). Muscle strength preservation during repeated sets of fatiguing resistance exercise: a secondary analysis. *Journal of Strength and Conditioning Research*. 38(6):1149-1156.
10. **Nuzzo JL,** Pinto M, Kirk B, Nosaka K. (2024). Resistance exercise minimal dose strategies for increasing muscle strength in the general population: an overview. *Sports Medicine*. 54(5):1139-1162.
11. **Nuzzo JL,** Pinto MD, Nosaka K, Steele J. (2024). Maximal number of repetitions at percentages of the one repetition maximum: a meta-regression and moderator analysis of sex, age, training status, and exercise. *Sports Medicine*. 54(2):303-321.
12. **Nuzzo JL.** (2024). Sex differences in skeletal muscle fiber types: a meta-analysis. *Clinical Anatomy*. 37(1):81-91.
13. **Nuzzo JL,** Deaner RO. (2024). Women and men report unequal interest in participating in exercise research. *Journal of Applied Physiology*. 136(1):53-55.
14. **Nuzzo JL.** (2024). "Woke" nomenclature in health research: a descriptive study of terms used in titles and abstracts of articles indexed in PubMed. *Psychreg Journal of Psychology*. 8:81-91.
15. **Nuzzo JL,** Nosaka K. (2023). Eccentric muscle actions add complexity to an already inconsistent resistance exercise nomenclature. *Sports Medicine – Open*. 9(1):118.
16. **Nuzzo JL.** (2023). “Male circumcision” and “female genital mutilation”: why parents choose the procedures and the case for gender bias in medical nomenclature. *International Journal of Human Rights*. 27(8):1205-1228.
17. **Nuzzo JL,** Pinto MD, Nosaka K. (2023). Overview of muscle fatigue differences between maximal eccentric and concentric resistance exercise. *Scandinavian Journal of Medicine and Science in Sports*. 33(10):1901-1915.
18. **Nuzzo JL,** Deaner RO. (2023). Men and women differ in their interest and willingness to participate in exercise and sports science research. *Scandinavian Journal of Medicine and Science in Sports*. 33(9):1850-1865.
19. Steele J, Pinto MD, Nosaka K, **Nuzzo JL.** (2023). Perceptions of capacity, fatigue, and their psychophysics: examining construct equivalence and the relationships between actual capacity and perception of capacity during resistance elbow flexion tasks. *Psicologica*. 44:e15498.
20. **Nuzzo JL.** (2023). Anonymous editorials in biomedical research journals: few in number but potentially problematic. *Learned Publishing*. 36(3):468-472.
21. **Nuzzo JL,** Powney D, Barry JB. (2023). Comment on: “Gender-based violence is a blind spot for sports and exercise medicine professionals.” *Sports Medicine*. 53(8):1495-1497.

22. **Nuzzo JL**. (2023). Letter writing assignment for exercise physiology students. *Advances in Physiology Education*. 47(2):346-351.
23. **Nuzzo JL**, Pinto MD, Nosaka K, Steele J. (2023). The eccentric:concentric strength ratio of human skeletal muscle *in vivo*: meta-analysis of the influences of sex, age, joint action, and velocity. *Sports Medicine*. 53(6):1125-1136.
24. **Nuzzo JL**, Pinto MD, Nosaka K (2023). Connective adaptive resistance exercise (CARE) machines for accentuated eccentric and eccentric-only exercise: introduction to an emerging concept. *Sports Medicine*. 53(7):1287-1300.
25. **Nuzzo JL**, Pinto MD, Nosaka K (2023). Muscle fatigue during maximal eccentric-only, concentric-only, and eccentric-concentric bicep curl exercise with automated drop setting. *Scandinavian Journal of Medicine and Science in Sports*. 33(6):857-871.
26. **Nuzzo JL**, Pinto MD, Nosaka K (2023). Muscle strength and activity in men and women performing maximal effort biceps curl exercise on a new machine that automates eccentric overload and drop setting. *European Journal of Applied Physiology*. 123(6):1381-1396.
27. **Nuzzo JL** (2023). 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*. 37(2):494-536.
28. Pinto MD, **Nuzzo JL** (2022). Commentaries on Viewpoint: Hoping for the best, prepared for the worst: can we perform remote data collection in sport sciences? *Journal of Applied Physiology*. 133(6):1433-1440.
29. **Nuzzo JL**, Nosaka K (2022). Comment on: "Stepwise load reduction training: a new training concept for skeletal muscle and energy systems." *Sports Medicine*. 52(9):2297-2300.
30. **Nuzzo JL** (2021). Inconsistent use of resistance exercise names in research articles: a brief note. *Journal of Strength and Conditioning Research*. 35(12):3518-3520.
31. **Nuzzo JL** (2021). Letters to the editor in exercise science and physical therapy journals: an examination of content and "authorship inflation." *Scientometrics*. 126(8):6917-6936.
32. **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(10):2952-2962.
33. **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(5):1425-1448.
34. 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(5):1326-1336.
35. **Nuzzo JL**, Kennedy DS, Finn HT, Taylor JL (2021). Voluntary activation of knee extensor muscles with transcranial magnetic stimulation. *Journal of Applied Physiology*. 130(3):589-604.
36. **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(2):241-252.
37. **Nuzzo JL** (2021). Volunteer bias and female participation in exercise and sports science research. *Quest*. 73(1):82-101.
38. **Nuzzo JL** (2021). Time to reconsider foot and leg position during the bench press. *Strength and Conditioning Journal*. 43(1):101-106.
39. **Nuzzo JL** (2020). Bias against men's issues within the United Nations and World Health Organization. *Psychreg Journal of Psychology*. 4:120-150.
40. **Nuzzo JL** (2021). Reply to: Comment on: "The case for retiring flexibility as a major component of physical fitness." *Sports Medicine*. 51(1):189-191.
41. **Nuzzo JL** (2020). Reply to Kruse: Comment on: "The case for retiring flexibility as a major component of physical fitness." *Sports Medicine*. 50(7):1409-1411.
42. **Nuzzo JL** (2020). The case for retiring flexibility as a major component of physical fitness. *Sports Medicine*. 50:853-870.
43. **Nuzzo JL** (2020). Correcting a historical error about female participation in studies prior to 1975. *Quest*. 72(4):373-382.

44. **Nuzzo JL** (2020). Sex difference in participation in muscle-strengthening activities. *Journal of Lifestyle Medicine*. 10(2):110-115.
45. **Nuzzo JL, Steele J** (2020). Parkrun and the claim of “elitism” in paid-entry run/walk events. *American Journal of Health Promotion*. 34(7):806-807.
46. **Nuzzo JL** (2020). Growth of exercise science in United States since 2002: a secondary data analysis. *Quest*. 72(3):358-372.
47. **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(3):679-695.
48. **Nuzzo JL, Steele J** (2020). Time for a causal systems map of physical activity. *Bulletin of the World Health Organization*. 98(3):224-225.
49. **Nuzzo JL** (2020). Men’s health in the United States: a national health paradox. *Aging Male*. 23(1):42-52.
50. Jones MJ, **Nuzzo JL**, Taylor JL, Barry BK (2019). Aerobic exercise reduces pressure more than heat pain sensitivity in healthy adults. *Pain Medicine*. 20(8):1534-1546.
51. **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(9):1309-1315.
52. **Nuzzo JL**, Taylor JL, Gandevia SC (2019). CORP: Measurement of upper and lower limb muscle strength and voluntary activation. *Journal of Applied Physiology*. 126(3):513-543.
53. 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(4):546-555.
54. **Nuzzo JL** (2019). Reply to Williams et al.: Comment on: “Equity in physical activity: a misguided goal.” *Sports Medicine*. 49(4):641-443.
55. **Nuzzo JL** (2019). Equity in physical activity: a misguided goal. *Sports Medicine*. 49(4):501-507.
56. **Nuzzo JL** (2018). Equity in physical activity is a misguided goal. *Medicine and Science in Sports and Exercise*. 50(6):1341.
57. **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(5):1514-1522.
58. **Nuzzo JL**, Barry BK (2017). Editorial makes unsubstantiated claims about high-load resistance training. *Journal of Applied Physiology*. 123(5):1419-1420.
59. **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(11):2286-2296.
60. **Nuzzo JL** (2017). Words and patterns that comprise resistance exercise names. *Journal of Strength and Conditioning Research*. 31(3):826-830.
61. **Nuzzo JL**, Barry BK, Gandevia SC, Taylor JL (2016). Stability of biceps brachii M<sub>max</sub> with one session of strength training. *Muscle & Nerve*. 54(4):791-793.
62. **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(4):2076-2082.
63. **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(1):139-150.
64. **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(2):279-289.
65. Mayer JM, **Nuzzo JL** (2015). Worksite back and core exercise in firefighters: effect on development of multifidus muscle size. *Work*. 50(4):621-627.
66. **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(4):427-433.
67. **Nuzzo JL** (2014). Commercial and non-commercial strength and conditioning practices in the United States. *Strength and Conditioning Journal*. 36(2):66-72.
68. **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(5):611-618.
69. **Nuzzo JL**, Mayer JM (2013). Body mass normalization for tests of muscle endurance. *Journal of Strength and Conditioning Research*. 27(7):2039-2045.

70. **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(7):1758-1764.
71. 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(6):1684-1698.
72. **Nuzzo JL**, Mayer JM (2013). Body mass normalisation for ultrasound measurements of lumbar multifidus and abdominal muscle size. *Manual Therapy*. 18(3):237-242.
73. 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(2): 147-154.
74. 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. *Patient Preference and Adherence*. 7:207-215.
75. 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*. 2012:729283.
76. **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(9):2580-2590.
77. 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(3):585-589.
78. **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(5):1269-1276.
79. 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(1):184-189.
80. 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(1):190-194.
81. **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(1):34-46.
82. 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(1):106-110.
83. 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(5):695-704.
84. **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(3):699-707.
85. **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(1):95-102.
86. 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(1):115-123.

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#### **JOURNAL ARTICLES (UNDER REVIEW)**

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1. **Nuzzo JL**. (Under review at *Scientometrics*). Pre-print: Sex of researchers and study participants in *Research Quarterly*, 1930-1979.
  2. **Nuzzo JL**, Pinto MD. (Under review at *International Journal of Strength and Conditioning*). Pre-print: Sex difference in muscle strength relative to body mass: a meta-analysis.
  3. **Nuzzo JL**, Steele J. (Under review at *International Journal of Strength and Conditioning*). Pre-print: Names of resistance exercises.
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## BOOK CHAPTERS

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1. **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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## CONFERENCE PRESENTATIONS

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1. Australians for Science and Freedom (Sydney, Australia) *Nov 2025*
2. Exercise and Sports Science Australia Research to Practice Meeting (Virtual) *May 2022*
3. American Physiological Society New Trends in Sex and Gender Medicine (Virtual) *Oct 2021*
4. British Psychological Society Men's Mental Health and Wellbeing Conference (Virtual) *Oct 2021*
5. Australian Neuroscience Society Sensorimotor Control Meeting (Adelaide, Australia) *Dec 2019*
6. International Motor Impairment Conference (Sydney, Australia) *Nov 2018*
7. Annual Congress of the European College of Sports Science (Dublin, Ireland) *Jul 2018*
8. Progress in Motor Control XI (Miami, USA) *Jul 2017*
9. Australian Neuroscience Society Sensorimotor Control Meeting (Hobart, Australia) *Dec 2016*
10. Society for Neuroscience Conference (San Diego, USA) *Nov 2016*
11. Australian Neuroscience Society Sensorimotor Control Meeting (Brisbane, Australia) *Feb 2015*
12. XX Congress of International Society of Electrophysiology and Kinesiology (Rome, Italy) *Jul 2014*
13. University of South Florida Health Research Day (Tampa, USA) *Feb 2012*
14. National Strength and Conditioning Association National Conference (Orlando, USA) *Jul 2010*
15. National Strength and Conditioning Association National Conference (Las Vegas, USA) *Jul 2008*
16. National Strength and Conditioning Association National Conference (Atlanta, USA) *Jul 2007*
17. American College of Sports Medicine Mid-Atlantic Regional Conference (Bushkill, USA) *Nov 2005*

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## AWARDS & HONORS

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| Australia Distinguished Talent Visa (subclass 585)                           | <i>May 2022</i>            |
| 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>            |
| National Strength & Conditioning Association Master's Student Research Grant | <i>July 2007</i>           |
| Appalachian State University Out-of-State Tuition Scholarship                | <i>Aug 2006</i>            |
| National Strength & Conditioning Association 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>      |

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## ESSAYS

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- Nuzzo, JL**. (2026). How a Flawed Meta-Analysis Misled the Public on Transgender Athletes. *Reality's Last Stand*.
- Nuzzo, JL**. (2026). "Scholarly Harassment" and the Sisterhood of Academia. *Reality's Last Stand*.
- Nuzzo, JL**. (2026). Higher Ed's New Human Subjects Problem. *Martin Center for Academic Renewal*.
- Nuzzo, JL**. (2025). Cancellation Case Study. *Australians for Science and Freedom*.
- Nuzzo, JL**. (2025). Sex Difference in Strength Prior to Puberty. *Australians for Science and Freedom*.
- Nuzzo, JL**. (2025). New Report Reveals Exponential Increase in Woke Concepts in Medical Papers. *Critical Therapy Antidote*.
- Nuzzo, JL**. (2025). No, 'Anticipating Violence' Is Not Violence. *Reality's Last Stand*.
- Nuzzo, JL**. (2025). Keep Men Out of Women's Sports—And Women Out of Men's. *Reality's Last Stand*.
- Nuzzo, JL**. (2025). Woke Academics Are Rigging Research Methods To Support Their Ideology. *Reality's Last Stand*.
- Nuzzo, JL**. (2025). Queering Physical Therapy Curriculum. *Reality's Last Stand*.
- Nuzzo, JL**. (2024). Resistance Exercise is Medicine. *Medical Forum*.
- Nuzzo, JL**. (2024). Strong Boys and Flexible Girls. *Reality's Last Stand*.
- Nuzzo, JL**. (2023). Is There a Bias Against Women in Exercise Research? *Reality's Last Stand*.

*Nuzzo, JL.* (2023). [Sex Differences in the Weightroom. Reality's Last Stand.](#)  
*Nuzzo, JL.* (2023). [How DEI Threatens Exercise Science. Martin Center for Academic Renewal.](#)  
*Nuzzo, JL.* (2023). [Exercise Science is Weakened by Gender Ideology: An Interview with Dr. James Nuzzo. Male Psychology Magazine.](#)  
*Nuzzo, JL.* (2023). [Bias Against Men in Health Research: One Researcher's Journey from Exercise Science to Men's Health. Male Psychology Magazine.](#)  
*Nuzzo, JL., Taylor JL* (2018). [Active Voice: Resistance Training and the Nervous System. ACSM's Sports Medicine Bulletin.](#)

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## **PODCAST INTERVIEWS**

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*Alexandra Marshall Live.* (2024). [Academic Peer Reviews: Can We Trust the Process?](#)  
*Alexandra Marshall Live.* (2024). [Gender-Equality in Medical Testing: Feminism's New Fight.](#)  
*Alexandra Marshall Live.* (2024). [Sex & Gender in Science: Where Peer Reviews Fail.](#)  
*Alexandra Marshall Live.* (2024). [The Repercussions of One of the Great Scientific Hoaxes.](#)  
*America Out Loud PULSE.* (2026). [James Nuzzo on why men's spaces disappear.](#)  
*Bettina Arndt Channel.* (2024). [Fighting academia's feminist tentacles.](#)  
*Canadian Centre for Men and Families* (2023). [PoM #19 - Jim Nuzzo on Strength Training and Men's Health.](#)  
*Clinical Athlete Podcast.* (2020). [Podcast Episode 60: The Case for Retiring Flexibility with Dr. Jim Nuzzo.](#)  
*Critical Therapy Antidote.* (2026). [The Data Doesn't Care: Dr. James Nuzzo on Woke Science, Health Equity & Academic Pressure.](#)  
*Dr. Joe Unplugged.* (2026). [Cancelled!](#)  
*Dr. Joe Unplugged.* (2025). [James Nuzzo PhD and Research That Won't Make the Legacy Media.](#)  
*Dr. Joe Unplugged.* (2025). [James Nuzzo Phd and the Rise of Woke Research.](#)  
*Ferg Running.* (2025). [The Minimal-Dose Streamlined Path to Strength | James Nuzzo.](#)  
*Fresh Economic Thinking.* (2025). [FET #64: Woke university cancels man for health science research - a chat with James Nuzzo.](#)  
*Honey Badger Radio.* (2025). [James L. Nuzzo, PHD on UN Women and what's behind the curtain | Fireside Chat 263.](#)  
*Men Are Good.* (2021). [Misandry at the UN and WHO - Regarding Men.](#)  
*Men Are Good.* (2021). [Men's Health: a national health paradox - A conversation with Jim Nuzzo.](#)  
*Men Need to Be Heard Show.* (2025). [Gender Ideology & How It's Effecting The Discussion Of Men's Issues.](#)  
*NatCon Australia.* (2026). [Dr James L Nuzzo - The Perils of Gender Politics and What Do To About It.](#)  
*Psychobabble.* (2026). [Feminism's Buzzwords: How Women's Studies Rewrote Reality.](#)  
*Psychobabble.* (2026). [What Louis Theroux Refused to Show About the Manosphere | Janice Fiamengo, Tom Golden & James Nuzzo.](#)  
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