

Meet Our ACSM Past Presidents



Lawrence E. Armstrong, Ph.D., FACSME
ACSM Past President, 2015-2016



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Biology, Comprehensive Science
Science Curriculum
Human Bioenergetics

Questions to answer *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 seven years and coached for 14 seasons in three sports. At the age of 29, I sought a career path that would combine my love of sport and science. Exercise physiology was the answer.

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, a pioneer of exercise physiology in the U.S., was my doctoral advisor. Roger W. Hubbard was the director of the Heat Research Division, USARIEM, during the seven years that I served as a research physiologist (1983-1990). The faculty and students of the Department of Kinesiology at UConn (1990-2018) encouraged excellence in research and teaching.

What is it about exercise science/sports medicine that still inspires you today?

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.

Why and how did you decide to get involved with ACSM?

As a high school teacher in Ohio, I met David Costill at a Midwest ACSM Regional Chapter meeting and participated in that chapter for three years as a graduate student. When I moved to Massachusetts in 1990, I sought to serve the New England Regional Chapter in any way possible. The annual meeting and NEACSM officers/members stimulated and motivated me. My first experience with ACSM at the headquarters in Indianapolis occurred after I volunteered to serve on a national committee.

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. Also, become a fellow of ACSM.

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 great career satisfaction.
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.

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