



The American College of Sports Medicine® (ACSM) is pleased to recognize Stuart Phillips, Ph.D., FACSM, with a 2021 ACSM Citation Award for his significant contributions to the fields of sports medicine and exercise science.

Dr. Phillips is professor and Tier 1 Canada Research Chair in the McMaster University Department of Kinesiology and associate member of the graduate faculty in medical sciences at the same. He established the McMaster Centre for Nutrition, Exercise, and Health Research (McNEHR) in 2013, becoming its inaugural director.

Dr. Phillips earned a B.Sc. with honors and M.Sc., both in biochemistry, from McMaster University in 1989 and 1991, respectively, and a Ph.D. in kinesiology and exercise physiology from the University of Waterloo in 1995. He completed postdoctoral research fellowships at the University of Texas Medical Branch's Department of Surgery (1995-97), the University of British Columbia's School of Human Kinetics (1997-98) and McMaster University's Department of Kinesiology (1998-2000). He became an ACSM fellow in 2008.

Dr. Phillips's research focuses on skeletal muscle and the effect of resistance training upon it, with particular interest in protein synthesis, aging, nutrition and protein metabolism. He has published 222 articles in peer-reviewed journals, acting as lead or corresponding author for more than 60% of these. His work has been highlighted in over 95 key review articles and 17 book chapters, his h index is 83 and his Google Scholar index is 118.

The impact of Dr. Phillips's work has been far reaching. Nominator Louise Burke, FACSM, chief of nutrition strategy at the Australian Institute of Sport, notes: "Every day I see evidence of people implementing the outcome of Stu's research – from the eating patterns of elite athletes across a range of sports, to the older people including resistance exercise into their days, and the food producers providing evidence-based guidelines to the community to benefit from eating real foods. Stu's work has challenged myths (e.g. that hormones underpin muscle hypertrophy), changed thinking (updated protein intake guidelines for athletes), altered practice (e.g. supported the benefits of lifting lighter weights), improved community health (combating sarc-obesity in ageing populations) and created new techniques to interrogate sports science (different ways to measure muscle protein synthesis)."

Dr. Phillips is also a dedicated educator, having been five times nominated for and three times awarded the McMaster Student Union's teaching award, and his commitment to sharing scientific insights with others extends to his ACSM service as well. According to co-nominator Dr. Michael J. Joyner, FACSM: "Professor Phillips also has an outstanding record of extramural service and leadership that is



equally impressive. It includes several major ACSM-related activities including: 1) Chair, Basic Science World Congress ACSM annual meeting, 2018 – The Basic Science of Hypertrophy and Atrophy. 2) Associate Editor, *MSSE* – 2013-present. 3) Dr. Phillips has also been a speaker at ACSM annual, regional, and specialty meetings on 22 occasions.”

ACSM is honored to present Dr. Phillips with a 2021 Citation Award.