



The American College of Sports Medicine® (ACSM) is pleased to present Kathryn H. Schmitz, Ph.D., MPH, FACSM, FTOS, FNAK, with a 2022 ACSM Citation Award for her significant contributions to the fields of sports medicine and exercise science.

Dr. Schmitz earned a B.A. in economics from the University of North Carolina in 1984, an MEd in exercise physiology from CUNY Queens College in 1994, a Ph.D. in kinesiology with a minor in epidemiology from the University of Minnesota in 1998 and an MPH in epidemiology from the same in 1999.

Dr. Schmitz holds a number of positions and appointments. She is distinguished professor of public health sciences, professor of kinesiology, and professor of physical medicine and rehabilitation at Penn State University and adjunct professor of epidemiology at the University of Pennsylvania. She is also the founding director of the Exercise Medicine Unit's Clinical and Translational Research Center at the University of Pennsylvania; founding director of the Penn State Cancer Institute's Exercise Medicine Unit; director of Penn State's Oncology, Nutrition and Exercise Group; and an American Cancer Society Clinical Research Professor.

Dr. Schmitz joined ACSM in 1988 and has since served in numerous roles, including the ACSM Board of Trustees, as ACSM president 2017-2018, and founding the Moving Through Cancer initiative under the auspices of the Exercise Is Medicine Initiative. She has led two ACSM Roundtable efforts focused on exercise and cancer and she has served on the editorial board of *Medicine & Science in Sports & Exercise*®.

Dr. Schmitz is a world leader in the science of exercise and cancer, particularly her work studying the relationship between strength training and lymphedema for breast cancer patients, and her publications have been featured in prestigious journals including the *Journal of the American Medical Association*, *Journal of Clinical Oncology* and the *New England Journal of Medicine*. She is the author of two books, *Exercise Oncology* and *Moving Through Cancer*.

According to nominator Dr. Anne McTiernan, "Dr. Schmitz has obtained nine R01 level grants from the NIH for her work on exercise and cancer risk and survivorship. She was also PI of an NCI-funded U54 TREC Center, focused on exercise, obesity, and cancer risk and prognosis. Dr. Schmitz also provides important mentorship for junior investigators in exercise science, as evidenced by her numerous trainees at the institutions in which she has taught."

ACSM is honored to award Dr. Schmitz with a 2022 Citation Award.