



**AMERICAN COLLEGE**  
**of SPORTS MEDICINE**<sup>®</sup>  
**Southeast Chapter**



## Candidate for President-Elect

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**Andy Bosak, PhD**  
*Liberty University*

Being nominated to run for the SEACSM President-Elect position is an extreme honor and privilege. I wanted to serve SEACSM from the moment I attended my first conference. My affiliation with SEACSM and ACSM began when I completed my first research study at WKU with Dr. Matt Green as my supervisor and presented the study at the 2001 SEACSM conference. I was immediately impressed with the quality of research presentations by leading experts such as Dr. Durstine, Dr. Powers, Dr. Flohr, Dr. Bishop (my future dissertation chair at UA), etc. Seeing the passion of these individuals and others made me want to be involved with SEACSM and contributed to my future goal of being elected to the Executive Board in a Member-At-Large position (which occurred in 2012). Previously, I served on the MARC-ACSM board and two different ACSM committees, plus I served as an associate editor for the ACSM Certification Review, 5<sup>th</sup> edition. These experiences have further prepared me for future service to SEACSM and ACSM and since both entities have been my “academic home”, I want to serve in any capacity that I can. If elected to this position, alongside my fellow board members, I would seek to uphold the objectives that reflect the focus of SEACSM as well as continue to support the Leadership and Diversity Training Program, increase efforts in recruiting and retention of student and young faculty SEACSM members, and attempt to increase the number of Special Interest Groups. I have a heart to serve SEACSM and ACSM since they have done so much for me and my past and current students. Hence, if elected, I would humbly accept the responsibilities that come with the position and work to the best of my ability to further the mission and vision of SEACSM.

# **Andy M. Bosak, Ph. D, ACSM-CEP, CSCS**

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## **EDUCATION**

**University of Alabama (UA)**, Tuscaloosa, Alabama  
Doctor of Philosophy (Human Performance/Kinesiology), August 2004  
Major: Human Performance (Emphasis: Exercise Physiology)  
Minors: Human Physiology and Educational Research/Statistics

**Western Kentucky University (WKU)**, Bowling Green, Kentucky  
Master of Science, August 2001  
Major: Physical Education (Emphasis: Exercise Science)

**Western Kentucky University (WKU)**, Bowling Green, Kentucky  
Bachelor of Science, May 2000  
Major: Physical Education (Emphasis: Exercise Science)

## **CURRENT ACADEMIC POSITION**

**Exercise Science Professor and Graduate Director**, Liberty University  
January, 2015-Present

- Serve as Director of two different residential Exercise Science Graduate Programs (MS in Human Performance and MS in Exercise Science and Wellness) along with corresponding online degree offerings.
- Teach graduate and undergraduate residential classes in Department of Allied Health Professions (AHP).
  - Advanced Exercise Physiology (Grad), Advanced Exercise Physiology Lab (Grad), Graded Exercise Testing and Electrocardiography (Grad), Motor Learning and Performance (Grad), Research Methods in Exercise Science (Grad), Exercise Prescription for Special Populations: Cardiac and Pulmonary Disorders (Grad), Fitness Assessment and Programming (Grad), Foundations of Human Performance (Grad), and Advanced Strength Development (Grad), Applied Exercise Physiology (UG).
- Develop and/or teach Liberty University Online (LUO) Graduate Exercise Science courses.
  - Advanced Exercise Physiology, Physiology of Sports Performance and Conditioning, Foundations in Human Performance, Research Methods in Exercise Science, Fitness Assessment and Programming, and Public Health and Physical Activity.
- Serve as supervisor for graduate student assistants (GSAs) for Dept. of AHP.
- Serve as supervisor for various graduate research projects, chair for various graduate theses, internship supervisor, and academic advisor to graduate students.
- Develop schedule for graduate exercise science classes, oversee Graduate Exercise Science Programs' budget, recruit future graduate students, pursue grants, etc.

## RECENT PRIMARY PRESENTATIONS

1. **Bosak, A.** *Optimal and Unique Training Considerations for Elite Sport Performance for the High School Athlete.* Tutorial presentation at the Southeast American College of Sports Medicine Conference (Greenville, SC: February, 2024).
2. **Bosak, A.** H. Nelson, R. Lowell, and B. Ziebell. *An Evaluation of the Impact of Body Composition on Treadmill Running Performance in Collegiate Females.* Poster presentation at the National Strength and Conditioning Association's Online Poster Gallery (July, 2023).
3. **Bosak, A.** *Training Considerations for Optimal Sports Performance for the Adolescent Athlete.* Tutorial (Oral) Presentation at the National Strength and Conditioning Association Sanctioned D-N-D Sport Performance, Rehabilitation, and Injury Prevention Conference (Allentown, PA: June, 2023).
4. **Bosak, A.** *Rest and Recovery in the Health Sciences: Science and Scripture.* Symposium Presentation at the Public Health Professional Day Conference (Lynchburg, VA: April, 2023).
5. **Bosak, A.,** Nelson, H., Lowell, R., & Ziebell, B. *Assessing the Impact of Body Composition on Skiing Ergometer Performance in Collegiate Females.* Poster Presentation at the Southeast American College of Sports Medicine Regional Conference (Greenville, SC: February, 2023).

## RECENT PUBLICATIONS

1. Sokoloski, M., Rigby, B., King, G., Biggerstaff, K., Irvine, C., **Bosak, A.**, Gordon, R., Zumbro, E., Clark, C., Varone, N., and Crossland, B. (2023). Muscle damage, inflammation, and muscular performance following the physical abilities test in professional firefighters. *Academic Open Access Publishing – Journal of Sports (Manuscript Accepted for Publication).*
2. **Bosak, A.,** Nelson, H., Lowell, R., & Ziebell, B. An evaluation of the impact of body composition on treadmill running performance in collegiate females. (2023). *The Journal of Strength and Conditioning Research, vol 37, no. 12, supplement.*
3. Fields, A., Titcomb, D., and **Bosak, A.** The progress of power: a narrative review of the development of running power assessment. (2023). *Sports Medicine (Manuscript Submitted for Publication).*
4. **Bosak, A.,** Nelson, H., Lowell, R., & Ziebell, B. Assessing the impact of body composition on skiing ergometer performance in collegiate females. (2023). *International Journal of Exercise Science, vol. 16, issue 8.*

## CURRENT PROFESSIONAL MEMBERSHIPS

- American College of Sports Medicine, January 2005-Present
- Southeast American College of Sports Medicine, January 2001-Present
- National Strength and Conditioning Association, November 2005-Present