

**PRESS RELEASE
FOR IMMEDIATE RELEASE**

August 21, 2023

National Strength and Conditioning Association Foundation Announces Dr. Katie Hirsch as 2023 Grant Recipient

Colorado Springs, CO – The National Strength and Conditioning Association Foundation is proud to announce that Dr. Katie Hirsch has been named a recipient of the NSCA Foundation's Young Investigator Grant for 2023. Dr. Hirsch was selected by the NSCA Foundation Grant Committee and Grant Panel after a thorough evaluation process of all applicants. This grant program funds individuals employed full-time by nonprofit research organizations and has a maximum award of \$30,000 plus indirect costs at a rate of up to 20%.

Katie Hirsch is an Assistant Professor in the Department of Exercise Science in the Arnold School of Public Health at the University of South Carolina. Her research focuses on exercise and nutritional strategies to support body composition, muscle and protein metabolism, cardiometabolic health, and exercise performance, specifically as it applies to supporting female physiology and women's health across the lifespan. Dr. Hirsch completed postdoctoral research training in protein metabolism at the Center for Translational Research in Aging & Longevity at the University of Arkansas for Medical Sciences. She completed her PhD in Human Movement Science and MA in Exercise Physiology at the University of North Carolina at Chapel Hill and BS in Exercise Science at Truman State University. Dr. Hirsch is also a Certified Exercise Physiologist with the American College of Sports Medicine and Certified Sports Nutritionist with the International Society of Sports Nutrition.

"Congratulations to Dr. Hirsch for receiving this award," said Dr. Don Melrose, NSCA Foundation Board President. "Her proposed study is in alignment with the mission of the NSCA Foundation and we are looking forward to the outcomes of the study to educate the industry."

"Dr. Hirsch's dedication to her research and commitment to advancing our field is truly commendable. Her work, supported by this grant, will undoubtedly make a significant impact," said Carissa Gump, NSCA Foundation Executive Director.

Media Note: To schedule an interview with the scholarship winner, contact foundation@nsca.com.

About the National Strength & Conditioning Association Foundation

The National Strength and Conditioning Association Foundation (NSCAF) was founded in 2007 with the aim of supporting the advancement of strength and conditioning practical applications. The NSCA Foundation is a non-profit organization committed to providing funding to NSCA members taking part in educational and research endeavors.

Since its establishment, the NSCA Foundation has awarded 120 grants and 440 scholarships, totaling over \$2 million to outstanding individuals within the strength and conditioning community. The NSCA Foundation is one of the few foundations that fund work at the Master's level and across all levels up to senior investigators, as well as one of the few sources that funds work in the strength and conditioning fields. A major goal of the foundation is to continue to maximize assets in order to increase grants and scholarships for NSCA members.