

# MARK KOVACS, PH.D.

FACSM, CTPS, MTPS, FITPA, CSCS\*D, ACSM HFS, USPTA, USATF LEVEL II

## RESUME

### Dr. Mark Kovacs

#### Education:

Doctor of Philosophy (Ph.D.), Exercise Physiology - The University of Alabama  
Master of Education (M.Ed), Exercise Science - Auburn University  
Bachelor of Science (B.S.), Exercise Science - Auburn University

#### Writing Experience (Written 5 books and over 100 articles):

##### Editor

- ❖ USTA Mental Skills and Drills Handbook (co-editor)
- ❖ Tennis Recovery: A Comprehensive Review of the Research (co-editor)

##### Author

- ❖ Dynamic Stretching: The Revolutionary New Warm-up Method to Improve Power, Performance and Range of Motion
- ❖ Tennis Anatomy
- ❖ Tennis Training: Enhancing On-Court Performance (co-author)

#### Scientific Editing Responsibilities

- ❖ Assistant Editor-in-Chief - Strength and Conditioning Journal
- ❖ Associate Editor - Strength and Conditioning Journal
- ❖ Editorial Board - Journal of the International Society of Sports Nutrition, NSCA Performance Training Journal, International Journal of Exercise Science
- ❖ Journal Reviewer - multiple scientific and academic peer-reviewed journals

#### Magazine and Lay Articles/Publications

- ❖ Over 100 magazine and/or lay articles

#### Presented and Consulted For:

- ❖ NSCA - National Strength and Conditioning Association
- ❖ ACSM - American College of Sports Medicine
- ❖ ISSN - International Society of Sports Nutrition
- ❖ United States Track and Field
- ❖ United States Tennis Association
- ❖ Harvard University
- ❖ IDEA Conference
- ❖ Professional Tennis Registry
- ❖ United States Professional Tennis Association
- ❖ Intercollegiate Tennis Association
- ❖ International Tennis Federation
- ❖ COSAT - South American Tennis Confederation (El Salvador)
- ❖ International Olympic Committee
- ❖ United States Olympic Committee
- ❖ International Fitness Professionals Association
- ❖ United States Lacrosse

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- ❖ St. Thomas University
- ❖ Jacksonville State University
- ❖ The University of Alabama
- ❖ Auburn University
- ❖ LTA - Lawn Tennis Association (England)
- ❖ Alabama State Association for Health, Physical Education, Recreation & Dance
- ❖ FAST - Florida Acceleration and Speed Training
- ❖ Sunstone Leadership
- ❖ Strength Power Hour
- ❖ New York Times
- ❖ SouthCity GP Services (Australia)
- ❖ Giles County, Tennessee
- ❖ Kentucky Teaching and Learning
- ❖ Tennessee Performance Excellence
- ❖ International Convention on Civic Education
- ❖ Australian Track & Field Coaches Association (Australia)
- ❖ Gatorade / PepsiCo
- ❖ New York University
- ❖ Princeton University
- ❖ University of Southern Carolina
- ❖ WTA
- ❖ The Aspen Institute
- ❖ UNC Chapel Hill
- ❖ University of Pittsburgh

### Appeared, Featured or Quoted:

- ❖ New York Times
- ❖ Play Magazine
- ❖ Tennis Magazine
- ❖ ESPN
- ❖ Shape Magazine
- ❖ Tennis Channel
- ❖ Fit to Hit TV Show
- ❖ United States Tennis Association Magazine
- ❖ Florida Tennis Magazine
- ❖ Personal Fitness Professional Magazine
- ❖ The Psychologist
- ❖ Jaycees Magazine
- ❖ Addvantage Magazine
- ❖ TennisPro Magazine
- ❖ US Open Program
- ❖ Monster Muscle Magazine
- ❖ Gridiron Strategies
- ❖ Men's Journal
- ❖ The Washington Post
- ❖ Wall Street Journal
- ❖ BBC
- ❖ The Tennis Recruiting Network
- ❖ Sports Illustrated Kids
- ❖ Personal Trainer Network Magazine (Australia)
- ❖ Tennis Recruiting Network
- ❖ Scholarship For Athletes
- ❖ JuniorTennis.com
- ❖ SPHour.com
- ❖ Fit-pro.com
- ❖ The Best Personal Trainer's Radio Show
- ❖ Muscle & Performance Magazine
- ❖ PTR
- ❖ USPTA
- ❖ Self Magazine
- ❖ The Star-Ledger

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www.mark-kovacs.com

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### Certifications:

- ❖ Certified Strength and Conditioning Specialist (CSCS), National Strength & Conditioning Association
- ❖ Certified American College Of Sports Medicine (ACSM) Health & Fitness Specialist
- ❖ Certified United States Track & Field (USATF) Level I & II Sprints Coach
- ❖ Certified Endurance Sports Trainer, National Exercise and Sports Trainers Association (NESTA)
- ❖ United States Professional Tennis Association (USPTA - P1) Certified Tennis Coach
- ❖ Examiner, TENNESSEE CENTER FOR PERFORMANCE EXCELLENCE - Measuring Baldrige award criteria for the state of Tennessee
- ❖ CPR & First Aid Certification, Red Cross
- ❖ Healthcare Provider Certification (CPR & AED), American Heart Association (AHA)

### Awards / Honors:

- ❖ 2012 International Tennis Hall of Fame Educational Merit Award (youngest ever recipient)
- ❖ 2010 Plagenhoef Award for Sport Science Excellence (youngest ever recipient)
- ❖ 2009 Guest Editor - Strength and Conditioning Journal
- ❖ 2008 Editorial Excellence Award - Strength and Conditioning Journal - National Strength & Conditioning Association
- ❖ 2002 All-American at Auburn University (Tennis)
- ❖ 2002 NCAA Doubles Champion (Tennis)
- ❖ 2002 ITA Doubles Player of Year