

# MARK KOVACS, PH.D.

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

Dr. Kovacs is a world renowned performance physiologist, researcher, author, speaker and coach with an extensive background training and researching athletes and elite performers in many fields. His unique skillset has made him one of the worldwide leading performance experts in the area of optimizing human performance through the application of cutting edge, evidence-based information.

## PROFESSIONAL BACKGROUND

- ❖ PhD in Exercise Physiology
- ❖ Fellow, American College of Sports Medicine
- ❖ Fellow, International Tennis Performance Association
- ❖ Certified Fitness Trainer
- ❖ Certified Strength and Conditioning Specialist
- ❖ Certified Tennis Coach
- ❖ Certified Tennis Performance Specialist
- ❖ NCAA Champion Tennis Player
- ❖ All-American and National Player of Year
- ❖ Author of five books
- ❖ University Professor in Exercise Science & Sport Health Science
- ❖ Director of leadership performance for a management consulting firm
- ❖ Directed the Sport Science, Strength & Conditioning and Coaching Education Departments for the United States Tennis Association
- ❖ Director of the Gatorade Sports Science Institute
- ❖ Director of Long Term Research and Innovation, PepsiCo
- ❖ Director of Sports Performance Training Center
- ❖ Worldwide presenter in areas including: nutrition, performance enhancement, physical training, performance psychology, talent identification & development and sports performance
- ❖ Keynote presenter on six continents
- ❖ Judge and tester for the Baldrige Quality Award for Performance Excellence
- ❖ Over 10 years experience training world class athletes, elite performers and recreational fitness enthusiasts. Athletes have included NFL, NBA, ATP, WTA, NCAA elite athletes as well as many Olympians. His athletes have included John Isner, Sloane Stephens, Taylor Townsend among many others.
- ❖ Written over 50 peer-reviewed academic/scientific articles and abstracts
- ❖ A media expert for dozens of outlets including print, television, radio and online.

