

Arthur Weltman, PhD, FACSM, is professor in and the founding chair of the Department of Kinesiology at the University of Virginia (UVA). He holds a joint appointment as professor of medicine, where he has directed the School of Medicine Exercise Physiology Core Laboratory since its inception in 1990. His primary line of research focuses on the impact of exercise intensity (acute and chronic) on clinical outcomes. He is known for his work on the blood lactate response to exercise; the impact of exercise intensity on growth hormone release; and the effects of exercise intensity on body composition, regional distribution of body fat and vascular function.

Dr. Weltman earned a BA in physical education from Queens College of the City University of New York and an MA and PhD in exercise physiology from the University of Michigan. Prior to his arrival at UVA, Dr. Weltman held faculty positions at the University of Louisville and the University of Colorado and served as the director of a United States Olympic Committee Regional Research Site Laboratory.

Dr. Weltman has produced 270 peer-reviewed publications and has been a presenting or co-author on 592 papers presented at regional, national and international conferences. His Google Scholar h-index is 87, with over 22,000 citations, and he has been continuously funded by the National Institutes of Health (NIH) for over 35 years. Dr. Weltman has served the NIH in its grant-reviewing process and as a peer reviewer for numerous referred journals. Within the American College of Sports Medicine® (ACSM), he has served on committees including the Position Stands Committee (chair on two occasions), the Publications Committee, the Public Information Committee, the Ad Hoc Committee on Pronouncements, the Task Force on Election Policies, the Strategic Health Initiative on Aging, and the Science Integration & Leadership Committee.

Dr. Weltman has received several awards and honors: At UVA, he has been recognized by the Seven Society for “your passion for the University and devotion to those you teach” (2003) and the Z Society for service to the university (2006). He also received the UVA Research Award (2019), Outstanding Faculty Speaker Recognition Award (2019-20) and the Cavaliers’ Distinguished Teaching Professorship (2019-21). He received the University of Michigan School of Kinesiology Career Achievement Award in 2011 and was recognized by ACSM Southeast with the Henry J. Montoye Scholar Award in 2014 (an award that two of his doctoral students, Dixie Thompson and Laurie Wideman, subsequently received as well). In 2020, the State Council for Higher Education in Virginia recognized Dr. Weltman with the Virginia Outstanding Faculty Award.

According to nominator and ACSM Past President J. Larry Durstine, PhD, FACSM, “Dr. Weltman’s work extends beyond the scientific community and profession and into the university and community where he works and resides. I perceive Dr. Arthur Weltman as an outstanding choice for an ACSM Citation Award. He has in the past and will continue in the future to be a strong representative for the American College of Sports Medicine.”

ACSM is proud to present Dr. Weltman with a 2025 Citation Award.

