

Joseph A. Houmard, PhD, FACSM, is a leader in the fields of integrative human exercise physiology with an emphasis on skeletal muscle metabolism and the prevention of obesity and metabolic diseases. He was nominated for an ACSM Citation Award by Linda E. May, PhD, FACSM.

Dr. Houmard earned a Bachelor of Arts in biology and chemistry from Manchester College (North Manchester, Indiana) in 1983, a Master of Arts in zoology from Miami University of Ohio in 1985 and a PhD in bioenergetics from Ball State University in 1988, where he worked with Dr. David Costill. He was a postdoctoral fellow at East Carolina University (ECU) from 1988 to 1990, where he was mentored by Drs. Lynis Dohm, Hisham Barakat and Richard Israel.

Dr. Houmard was hired at ECU in 1990 and promoted to professor in 1999. He also served as director of the Human Performance Lab (1996-2023) and helped plan the PhD program in bioenergetics, which was initiated in 2000. He also is the LeRoy Walker Distinguished Professor at ECU (2018-current) and served as chair of the National Institutes of Health's Clinical and Integrative Diabetes and Obesity (CIDO) standing study section (2017-19).

Dr. Houmard has been associated with more than 215 peer-reviewed publications, given many national presentations and garnered external funding for 30 years. His scientific work has been cited over 30,000 times; he has an h-index of 92 and an i10-index of 193. His studies have provided the impetus for understanding interactions between exercise training and aspects of metabolism such as insulin action and fat oxidation.

Dr. Houmard has been a contributing member of the American College of Sports Medicine® (ACSM) since 1985. He has been an ACSM fellow since early 1992.

Joe is well known for his research but is also a great example of an outstanding scientist, leader and collaborator, and is a dedicated professional who enjoys helping others succeed. He is supportive of his academic institution, professional organizations including ACSM and the professional community in general. He has been blessed with his wife Kandy and children Katie and Tommy who have supported him throughout his career.

It is with great pleasure and gratitude that ACSM presents Dr. Houmard with a 2025 Citation Award.

