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# Journal of Sports Medicine and Doping Studies



**Brad Schoenfeld**

Athletic department

Westchester Community College in Valhalla

**Editorial Board Member**

# Biography

- Brad Schoenfeld is a leading expert in the field of muscle hypertrophy. He has published over two dozen peer-reviewed research articles on a diverse range of subjects in exercise and nutrition, and serves as an associate editor for the Strength and Conditioning Journal.
- He is an adjunct lecturer in the exercise science department Lehman College in the Bronx, NY, and an adjunct professor in the athletic department at Westchester Community College in Valhalla, NY.

# Research Interest

- Primary area of research is in optimizing body composition, both through increased muscle development and reduced body fat mechanisms.
- He is particularly focused on the mechanisms of muscle hypertrophy.
- Performance enhancement, Exercise therapy, Exercise physiotherapy

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