

Jim Skinner is a Professor Emeritus in the Department of Kinesiology, Indiana University. He is a former president of the American College of Sports Medicine and a former Vice President of the International Council of Sports Science and Physical Education. From 1988-2008, he was the Chair, Medical Advisory Committee of the YMCA of the USA. He is co-Chair of the 2010 and 2011 World Congress on Exercise is Medicine and Chair of the International Advisory Council for Exercise is Medicine. He was one of the five principal investigators of the HERITAGE Family Study, a large multi-center investigation of the role that genetic factors play in the response to training of risk factors for cardiovascular disease and diabetes. As principal investigator, co-principal investigator or member of an executive committee, he has been involved in research grants totaling more than \$50 million. He has written over 280 articles and 5 books. He has been actively investigating the relationships between exercise, training and health for more than 45 years and has lectured in English, French, German and Spanish in 58 countries about these relationships.