

Mel Williams, Ph. D., FACSM

Mel Williams is an Eminent Scholar Emeritus at Old Dominion University. He received his Ph. D. in Physical Education and Exercise Science from the University of Maryland, immediately joining the faculty at Old Dominion University in Norfolk, Virginia in 1968. While at ODU he founded the *Human Performance Laboratory* and the *Wellness Institute and Research Center*. His main teaching focus was exercise physiology and sports nutrition at both the undergraduate and graduate levels.

His major research focus has been the effect of pharmacological, physiological, and nutritional ergogenic aids on exercise and sports performance. He has an extensive research publication record, has presented invited lectures in 25 countries worldwide, and has published over 20 textbooks including *Beyond Training: How Athletes Enhance Performance Legally and Illegally*, *The Ergogenics Edge: Pushing the Limits of Sports Performance* and *Nutrition for Health, Fitness, & Sport*, which is in its 9th edition. His books have been translated and published in ten different languages. Dr. Williams is also the founding editor of the *International Journal of Sport Nutrition*.

Dr. Williams also has a deep interest in the role exercise plays in promoting health and wellness. His textbook, *Lifetime Fitness and Wellness: A Personal Choice*, has been used by colleges and universities throughout the United States. He has talked to numerous groups about the role exercise may play as preventive medicine. Dr. Williams is committed to maintaining a high level of personal fitness for both health and sports competition. He has completed more than 100 marathons and ultramarathons, and has also completed the Kona Ironman Triathlon.