

Wayne Westcott, Ph.D.

Class of 1967

After graduating from Penn State University with a B.S. and an M.S. in physical education, Wayne received his Ph.D. in physical education in a doctoral fellowship from Ohio State University. He taught as a physical education teacher and coach of cross country, track, soccer, and gymnastics in the Vestal School District from 1971-1973. He also taught and coached at Penn State University, Eastern Connecticut State University, and Florida State University. Currently, Dr. Westcott is the Fitness Research Director at the South Shore YMCA in Quincy, Massachusetts; a strength-training consultant for numerous national organizations including the American Council on Exercise and the National Sports Performance Association, and an editorial advisor for many publications including Fitness Magazine, Prevention Magazine, and Men's Health Magazine.

Dr. Westcott has written nine fitness books. His latest releases are Building Strength and Stamina and Strength Training Past 50. He has published over 300 articles in professional journals, writes a weekly newspaper fitness column, and hosts a weekly radio fitness show. He has also received numerous awards including the American Heart Association Recognition Award and the Health American Fitness Leader Award from the President's Council on Physical Fitness and Sports.