

# SEMINAR SERIES

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## Science and Strategies to Bolster Military Human Performance Optimization: Overview of the University of Pittsburgh's Neuromuscular Research Laboratory Research Portfolio

Featuring Dr. Bradley Nindl  
University of Pittsburgh



### PRESENTATION ABSTRACT

Friday, March 1 | 10:00 am – 11:00 am | BRB 167

This presentation will highlight the importance of leveraging and exploiting human performance optimization scientific strategies to enhance and sustain our military personnel as human weapon systems in order to thrive in volatile, uncertain, complex, and ambiguous (VUCA) environments and overmatch our near peer competitors and adversaries. A unified vision consisting of an integrated, holistic, and comprehensive approach that considers human performance as a multi-faceted paradigm will be essential. Specific human performance domains can be leveraged and exploited to provide strategic advantages for future US military Multi-Domain Operations. Integrative physiological and psychological research that collates early successes in biological performance enhancement and leverages other disciplines to provide performance enhancing solutions to Warfighters will be essential.

### ABOUT DR. NINDL

Bradley C. Nindl, PhD, FACSM is the Director of the Neuromuscular Research Laboratory/Warrior Human Performance Research Center and tenured professor and Vice Chair for Research in the Department of Sports Medicine and Nutrition in the School of Health and Rehabilitation Sciences at the University of Pittsburgh. He also has dual appointments as the Senior Military and Scientific Advisor for the University's Center for Military Medicine Research and at the McGowan Institute for Regenerative Medicine and an adjunct professor in the Department of Military and Emergency Medicine at the Uniformed Services University of Health Sciences in Bethesda, MD.

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