

Douglas J. Casa, Ph.D.

CEO-Korey Stringer Institute, Board of Trustees Distinguished Professor, Department of Kinesiology at University of Connecticut

Storrs, CT, US

Focused on prevention of sudden death in sport, exertional heat stroke, wearable technologies, hydration, and performance in the heat

Biography

For the past 20 years, Dr. Casa has worked toward his goals at the Department of Kinesiology, College of Agriculture, Health, and Natural Resources, University of Connecticut. During this time he has published more than 250 peer-reviewed publications/book chapters and presented more than 500 times on subjects related to exertional heat stroke, heat-related illnesses, preventing sudden death in sport, maximizing athletic performance in the heat, and hydration. Dr. Casa has successfully treated 295 cases of exertional heat stroke (with 0 fatalities). In October 2005 and 2010 the Department of Kinesiology doctoral program at the University of Connecticut was ranked number 1 in the country by the National Academy of Kinesiology (for 20005-2105). Additionally, in September 2010 the National Research Council ranked the faculty in the Department of Kinesiology number one for research productivity. Dr. Casa is CEO of Korey Stringer Institute at UConn, and was named full professor of kinesiology in August 2010. He was named a Board of Trustees Distinguished Professor by the University of Connecticut in June 2023. In 2008 he was the recipient of the medal for distinguished athletic training research from the National Athletic Trainers' Association. In 2016 Dr. Casa received the highest honor in his field when he was named a fellow of the National Academy of Kinesiology (FNAK #556). He was named a fellow of the National Athletic Trainers' Association in 2008. He received the Sayers 'Bud' Miller Distinguished Educator Award from the National Athletic Trainers' Association in 2007 and has been a fellow of the American College of Sports Medicine since 2001. In 2011 he was inducted into the University of Florida alumni hall of fame. He has been a lead or co-author on over 15 sports medicine (ACSM, NATA) position statements/consensus statements/roundtables related to heat illness, hydration, and preventing sudden death. He is an associate editor of the Journal of Athletic Training, Journal of Science and Medicine in Sports and on the editorial board of Current Sports Medicine Reports, Journal of Sport Rehabilitation, and the Journal of Strength and Conditioning Research. Dr. Casa has worked with numerous media outlets across the country in discussing his research including the NBC Today Show, Good Morning America, ESPN, CNN, PBS, Sports Illustrated, USA Today, Wall Street Journal and the New York Times.

Areas of Expertise

Elite Athletes, Hydration/Dehydration, Fluid-Electrolyte Balance, Exertional Heat Illnesses, Wearable Technologies, Preventing Sudden Death, Heat Stroke, Exercise & Heat, Thermoregulation, Athletic Training

Affiliations

Journal of Athletic Training, Section Editor, Journal of Sport Rehabilitation, Editorial Board, Journal of Science and Medicine in Sport, Current Sports Medicine Reports, Editorial Board

Education

University of Connecticut
Ph.D.

University of Florida
M.S.

Allegheny College
B.S.

Accomplishments

National Athletic Trainers' Association Hall of Fame

Induction into the National Athletic Trainers' Association Hall of Fame honors athletic trainers who exemplify the mission of NATA through significant, lasting contributions that enhance the quality of health care provided by athletic trainers and advance the profession.

Board of Trustees Distinguished Professor

The highest honor the University of Connecticut bestows on its faculty, Board of Trustees Distinguished Professors must excel in all three areas of research, teaching, and public engagement.

Fellow

National Academy of Kinesiology

President's Lecturer

American College of Sports Medicine National Meeting

NSCA President's Award

NSCA President's Award

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