

Benjamin Carr, Sports Medicine & Exercise Science

Assistant Professor of Exercise Science
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Ph.D., Human Performance – Exercise Physiology emphasis; University of Southern Mississippi
M.S., University of Southern Mississippi
B.S., Mississippi College

Academic Articles:

"The Effects of Sodium Bicarbonate Supplementation on Lower-Body Hypertrophy-Type Resistance Exercise"; Doctoral Dissertation; Published by UMI Dissertation Publishing, ProQuest LLC

Performance:

Renewed certification (2011—originally certified December 2008): Certified Strength & Conditioning Specialist (CSCS), National Strength & Conditioning Association

Renewed certification (2011—originally certified August 2006): Health Fitness Specialist (HFS), American College of Sports Medicine

Other:

Currently finalizing article titled "Sodium Bicarbonate Improves Hypertrophy-Type Resistance Exercise Performance" to be submitted to the International Journal of Sport Nutrition and Exercise Metabolism (Human Kinetics Journals)