Ben Krings, PhD, CSCS

|  |  |
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| **5842 Albright Ct.**  **Eau Claire, WI 54701** | **715-279-1372**  **kringsb@uwec.edu** |

**EDUCATION**

|  |  |  |
| --- | --- | --- |
| 2015-2018 | PhD- Kinesiology Mississippi State University Exercise Science | |
| 2012-2014 | MS- Exercise Science Human Performance | University of Wisconsin- La Crosse |
| 2008-2012 | BS- Kinesiology Health Promotion | University of Wisconsin- Eau Claire |

**PROFESSIONAL EXPERIENCE**

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| --- | --- | --- | --- | --- |
| 07/2024-Present | | **Assistant Professor** | | University of Wisconsin-Eau Claire |
| * Professor for undergraduate courses in the Kinesiology Department. Director of the Community Fitness Program. | | | | |
| 08/2022- 05/2024 | | **Program Chair of Exercise Science and Human**  **Performance** | | University of Wisconsin-Platteville |
| * Lead the Exercise Science program in the Department of Health and Human Performance. Enhance curriculum, recruitment, and student experience. | | | | |
| 08/2018- 05/2024 | | **Assistant Professor/ Associate Professor** | | University of Wisconsin-Platteville |
| * Professor for undergraduate courses in the Department of Health and Human Performance. Advisor for 40 undergraduate students. Granted tenure is spring of 2024. | | | | |
| 07/2017- 03/2021 | | **Lead Sweat Testing Consultant** | | Gatorade Sports Science Institute |
| * Leader and collaborator with professional, collegiate, and high team influencers for sweat testing, sweat analysis, and team data reports. | | | | |
| 06/2016- 07/2017 | | **Sweat Testing Consultant** | | Gatorade Sports Science Institute |
| * Perform field sweat testing, sweat analysis, and consulting with professional, collegiate, and high school athletes. | | | | |
| 08/2015- 05/2018 | | **Graduate Teaching Assistant** | | Mississippi State University |
| * Instructor for undergraduate courses in Department of Kinesiology. | | | | |
| 05/2016- 06/2016 &  05/2017- 06/2017 | | **Lecturer** | | Mississippi State University |
| * Instructor for summer undergraduate courses in Department of Kinesiology. | | | | |
| 08/2015- 12/2015 | **Graduate Assistant** | | University of Wisconsin-La Crosse | | |
| * Instructor for undergraduate course in Department of Exercise and Sport Science. | | | | | |

**TEACHING EXPERIENCE**

**University of Wisconsin-Platteville**

HHP 4830 Exercise Science Research HHP 4450 Advanced Nutrition

HHP 4040 Advanced Physiology of Exercise HHP 3950 Human Nutrition

HHP 3850 Nutrition

HHP 3380 Fitness Programs and Prescription HHP 3370 Fitness Testing and Prescription HHP 3360 Fitness Evaluation

HHP 3250 Principles of Strength and Conditioning HHP 3020 Physiology of Exercise- Lecture

HHP 3020 Physiology of Exercise- Lab

HHP 2740 Exercise Technique and Performance

HHP 1640 Downhill Skiing

HHP 1340 Soccer

HHP 1110 Weight Training

HHP 1000 Fitness Assessment and Management UWP Study 1010 Introduction to College Life

**Mississippi State University**

EP 4153 Training Techniques in Exercise and Sport EP 4113 Fitness Programs and Testing Procedures EP 3663 Personal Fitness Training

PE 3313 Sport Physiology

EP 3304 Exercise Physiology Lab KI 2213 Emergency Health Care

**University of Wisconsin-La Crosse**

ES 106 Trapshooting I

**PEER-REVIEWED PUBLICATIONS (In-Press)**

1. B.D. Shepherd, F.G. Price, **B.M. Krings**, and J.W. Smith. (2022) Comparison of a continuous and discontinuous GXT on VO2 in resistance-trained and endurance- trained males. *International Journal of Exercise Science*. 15(4), 414-422.
2. **B.M. Krings**, H.S. Waldman, B.D. Shepherd, M.J. McAllister, B.J. Fountain, J.G. Lambert, and J.W. Smith. (2021) The metabolic and performance effects of carbohydrate timing in resistance trained males undergoing a carbohydrate restricted diet. *Applied Physiology, Nutrition, and Metabolism*. 46(6), 626-636. https://doi.org/10.1139/apnm-2020-0830
3. **B.M. Krings**, B.D. Shepherd, J.C. Swain, A.J. Turner, H.S. Waldman, H. Chander,

M.J. McAllister, and J.W. Smith. (2021) Impact of fat grip attachments on muscular strength and neuromuscular activation during resistance exercise. *Journal of Strength and Conditioning Research*. 35(1), S152-S157. DOI:10.1519/JSC.0000000000002954

1. **B.M. Krings**, B.D. Shepherd, H.S. Waldman, M.J. McAllister, and J.W. Smith. (2020) Effects of carbohydrate mouth rinsing on upper-body resistance exercise performance. *International Journal of Sports Nutrition and Exercise Metabolism*. 30(1), 42-47. https://doi.org/10.1123/ijsnem.2019-0073
2. F.G. Price, J.W. Smith, A.J. Turner, **B.M. Krings**, H.S. Waldman, H. Chander, A.C. Knight, and M.J. McAllister. (2020) High-Intensity Interval Training in Middle- Distance NCAA Division I 800/1500m Collegiate Athletes. *International Journal of Kinesiology & Sports Science*. 8(3), 28-35. <http://dx.doi.org/10.7575/aiac.ijkss.v.8n.3p.28>
3. S.A. Basham, M.J. McAllister, J.W. Smith, J.G. Lamberth, H.S. Waldman, and **B.M. Krings**. Effect of curcumin supplementation on exercise-induced oxidative stress, inflammation, muscle damage, and muscle soreness. (2020) *Journal of Dietary Supplements*. 1-14. https://doi.org/10.1080/19390211.2019.1604604
4. M.J. McAllister, S.A. Basham, J.W. Smith, B.J. Fountain, **B.M. Krings**, and H.S. Waldman. (2019) Effect of carbohydrate restriction on oxidative stress response to high intensity resistance exercise. *Translational Sports Medicine*. 1–7. https://doi.org/10.1002/tsm2.98
5. H. Chander, A. Holland, **B.M. Krings**, A.J. Turner, J.C. Swain, H.S. Waldman, A.C. Knight, M.J. McAllister, S.A. Basham, and M.J. McAllister. (2019) Effects of a 7-day ketone ingestion and a physiological workload on postural stability, cognitive, and muscular exertion measures in professional firefighters. *Safety*. 5(1), 15. https://doi.org/10.3390/safety5010015
6. M.J. McAllister, S.A. Basham, J.W. Smith, H.S. Waldman, **B.M. Krings**, J.A. Mettler,

M.B. Butawan, and R.J. Bloomer. (2018) Effects of environmental heat and antioxidant stress in professional firefighters performing structural fire exercises. *Journal of Occupational and Environmental Medicine*. (60)11, e595-e601. DOI: 10.1097/JOM.0000000000001452

10. **B.M. Krings**, B.L. Miller, H. Chander, H.S. Waldman, M.J. McAllister, A.C. Knight,

B.F. Fountain, and J.W. Smith. (2018). Impact of occupational footwear during simulated workloads on energy expenditure. *Footwear Science*. 10(3), 157-165. DOI: 10.1080/19424280.2018.1460623

11. H.S. Waldman, A.F. Waddel, A.J. Heatherly, **B.M. Krings**, and E.K. O’Neal. (2018). Five-kilometer time trial reliability of a nonmotorized treadmill and comparison of physiological and perceptual responses versus a motorized treadmill. *Journal of Strength and Conditioning Research*. 32(5), 1455-1461. DOI:10.1519/JSC.0000000000001844

12. H.S. Waldman, S.A. Basham, F.G. Price, J.W. Smith, H. Chander, A.C. Knight, **B.M. Krings**, and M.J. McAllister. (2018). Exogenous ketone salts do not improve cognitive responses after a high-intensity exercise protocol in healthy college-aged males. *Applied Physiology, Nutrition, and Metabolism*. 43(7), 711-717. https://doi.org/10.1139/apnm-2017-0724

13. H.S. Waldman, **B.M. Krings**, J.W. Smith, and M.J. McAllister. (2018) A shift towards a high-fat diet in the current metabolic paradigm: A new perspective. *Nutrition*. 46, 33-35. DOI: 10.1016/ j.nut.2017.08.014.

14. P.M. Cummings, H.S. Waldman, **B.M. Krings**, J.W. Smith, and M.J. McAllister. (2018). Effects of fat grip training on muscular strength and driving performance in Division 1 male golfers. *Journal of Strength and Conditioning Research*. 32(1), 205-

210. DOI: 10.1519/JSC.0000000000001844

15. J.W. Smith, **B.M. Krings**, B.D. Shepherd, H.S. Waldman, S.A. Basham, and M.J. McAllister. (2017) Effects of carbohydrate and branched chain amino acid beverage ingestion during acute upper-body resistance exercise on performance and post- exercise hormone response. *Applied Physiology, Nutrition, and Metabolism*. 43(5), 504-509. https://doi.org/10.1139/apnm-2017-0563

16. H.S. Waldman, **B.M. Krings**, S.A. Basham, J.W. Smith, B.F. Fountain, and M.J. McAllister. (2017) Effects of a 15-day low carbohydrate, high fat diet in resistance trained males. *Journal of Strength and Conditioning Research*. 32(11), 3103-3111. DOI: 10.1519/JSC.0000000000002282

17. J.A. Rountree, **B.M. Krings**, T.J. Peterson, A.G. Thigpen, M.J. McAllister, M.E. Holmes, and J.W. Smith. (2017). Efficacy of carbohydrate ingestion on CrossFit exercise performance. *Sports*. 5, 61. DOI:10.3390/sports5030061

18.J.W. Smith, **B.M. Krings**, T.J. Peterson, J.A. Rountree, R. Zak, and M.J. McAllister. (2017). Ingestion of an amino acid electrolyte beverage during resistance exercise does not alter acute fluid shifts into the muscle or performance. *Sports*. 5, 36. DOI:10.3390/sports5020036

19. **B.M. Krings**, T.J. Peterson, B.D. Shepherd, M.J. McAllister, and J.W. Smith. (2017). Effects of carbohydrate ingestion and carbohydrate mouth rinse on repeat sprint performance. *International Journal of Sport Nutrition and Exercise Metabolism*. 27(3), 204-212. DOI: <http://dx.doi.org/10.1123/ijsnem.2016-0321>

20. **B.M. Krings**, J.A. Rountree, M.J. McAllister, P. M. Cummings, T.J. Peterson, B.F. Fountain, and J.W. Smith. (2016). Effects of acute carbohydrate ingestion on anaerobic exercise performance. *Journal of the International Society of Sports Nutrition*. 13(1), 40. DOI: 10.1186/s12970-016-0152-9

**RESEARCH IN DATA COLLECTION/WRITE-UP**

1. **B.M. Krings**, H. Fliss, and T. Wilkinson. (2024). Measurement of body composition and nutrition habits of Division III men’s and women’s cross-country runners during a competitive season.
2. **B.M. Krings**, H. Fliss, T. Wilkinson, and M. Martin. (2024). Physiological demands of Division III men’s basketball players during a competitive season.
3. **B.M. Krings**, K. Greenfield, and B. Giese (2024). Athletic performance measurements of Division III women’s volleyball players during a competitive season.

**GRANTS**

1. Measurement of body composition and nutrition habits of Division III men’s and women’s cross-country runners during a competitive season. **B.M. Krings** (2023). Faculty Professional Development. University of Wisconsin-Platteville. (Funded):

$391.00.

1. Analysis of hydration practices and sweat rates of Division III men’s college. basketball players. Primary Investigator: **B.M. Krings** (2022). Faculty Professional Development. University of Wisconsin-Platteville. (Funded): $1,200.00.
2. Hydration profiles and sweat rates during Division III college basketball practices and games. Primary Investigator: **B.M. Krings**. (2019). College of Liberal Arts and Education, Dean’s Fund for Faculty Development. University of Wisconsin- Platteville. (Funded): $400.00
3. Effects of Lions Mane mushroom extract of cognitive and anaerobic exercise performance. Primary Investigator: A.A. Wika, Co-investigator: **B.M. Krings**. (2019). Office of Research and Sponsored Programs. University of Wisconsin-Platteville. (Funded): $1,000.00.
4. Effects of Lions Mane mushroom extract of cognitive and anaerobic exercise performance. Primary Investigator: **B.M. Krings**. (2019). Office of Research and Sponsored Programs. University of Wisconsin-Platteville. (not funded): $4,000.00.
5. Influence of carbohydrate timing during a 4-week high intensity exercise training regimen on physiological responses to exercise, markers of health, and performance. Primary Investigator: J.W. Smith, Co-investigators: **B.M. Krings** and

M.J. McAllister. (2017). Office of Research and Economic Development. Mississippi State University. Funded: $2,000.00.

1. Impact of fat grip attachments during resistance exercise on neuromuscular activity, muscular strength, and performance. Primary Investigator: **B.M. Krings**. Co- investigator: H.S. Waldman. (2016). Fat Gripz. Funded: $500 in product donation.
2. Effect of carbohydrate supplementation on resistance training performance and blood markers: Primary Investigator: J.W. Smith, Co-investigators: M.J. McAllister and **B.M. Krings**. (2016). Dymatize, LLC. Funded: $27,694.55.
3. Effects of short-term high fat diet intervention and acute high-intensity resistance training on blood markers and inflammation. Primary Investigator: M.J. McAllister, Co-Investigators: J.W. Smith, H.S. Waldman, and **B.M. Krings**. (2016). Office of Research and Economic Development. Mississippi State University. Funded:

$2,130.00

1. Measuring intensity of Division III collegiate volleyball matches using heart rate and breathing rate. Primary Investigator: **B.M. Krings**. (2013). Research, Service, Education, and Leadership. University of Wisconsin La Crosse. Funded: $2,200.00
2. Physiological and accelerometry data comparison of two field-based tests for American football. Primary Investigator: **B.M. Krings**. Gatorade Sports Science Research Grant. Applied (not funded): $2,500.00
3. Physiological and accelerometry data comparison of two field-based tests for American football. Primary Investigator: **B.M. Krings**. National Strength and Conditioning Association Graduate Research Grant. Applied (not funded): $2,500.00

**PROFESSIONAL CONFERENCES ATTENDED**

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| --- | --- | --- |
| 2024 | Wisconsin State NSCA | Milwaukee, WI |
| 2023 | National ACSM | Denver, CO |
| 2023 | NCUR | Eau Claire, WI |
| 2023 | Great Lakes Chapter NSCA | Waukesha, WI |
| 2022 | National NSCA | New Orleans, LA |
| 2022 | Great Lakes Chapter NSCA | Waukesha, WI |
| 2019 | Midwest ACSM | Oak Brook IL |
| 2019 | National ACSM | Orlando, FL |

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| 2019 | Wisconsin State NSCA | Waukesha, WI |
| 2018 | Midwest ACSM | Grand Rapids, MI |
| 2018 | Mississippi State NSCA | Mississippi State, MS |
| 2018 | Southeast ACSM | Chattanooga, TN |
| 2017 | National ACSM | Denver, CO |
| 2017 | Mississippi State NCSA | Mississippi State, MS |
| 2017 | Southeast ACSM | Greenville, SC |
| 2016 | National NSCA | New Orleans, LA |
| 2016 | Mississippi State NSCA | Hattiesburg, MS |
| 2016 | Southeast ACSM | Greenville, SC |
| 2014 | Rocky Mountain Chapter NSCA | Denver, CO |
| 2013 | Wisconsin State NSCA | Waukesha, WI |
| 2011 | Northland ACSM | Fargo, ND |

**PROFESSIONAL PRESENTATIONS/ABSTRACTS**

1. **B.M. Krings**, M. Martin. Enhancing Sports Performance: Applications from the Classroom to the Field. (2024) College of Liberal Arts and Education Faculty Forum Series. Platteville, WI.
2. H.B. Fliss, T.J. Wilkinson, S. Talwar, **B.M. Krings**. Analysis of body composition and nutritional habits in Division III female cross-country runners during a competitive season. (2023) National ACSM Conference. Denver, CO.
3. T.J. Wilkinson, H.B. Fliss, S. Talwar, **B.M. Krings**. Measurements of body composition and nutritional habits of Division III male cross-country runners during a competitive season. (2023) National ACSM Conference. Denver, CO.
4. T.J. Wilkinson, H.B. Fliss, S. Talwar, **B.M. Krings**. Measurements of body composition and nutritional habits of Division III male cross-country runners during a competitive season. (2023) NCUR. Eau Claire, WI.
5. A.M. Larson, L.E. Guy, H.M. Kruger, M. Martin, **B.M. Krings**. Analysis of hydration practices and sweat rates of Division III men’s college basketball players. (2022) National NSCA Conference. New Orleans, LA.
6. A.A. Wika, J.B. Boushon, A.J. Metallo, J.C. Cowley, **B.M. Krings**. Effects of increasing grip diameter during warm-up swings on subsequent swing performance. (2019) Midwest Chapter of the ACSM Conference. Oak Brook, IL.
7. A.A. Wika, J.B. Boushon, A.J. Metallo, J.C. Cowley, **B.M. Krings**. Effects of increasing grip diameter during warm-up swings on subsequent swing performance. (2019) Wisconsin State NSCA Conference. Waukesha, WI.
8. **B.M. Krings**, H.S. Waldman, B.D. Shepherd, M.J. McAllister, J.W. Smith. Influence of chronic carbohydrate ingestion during high intensity exercise on incidences of gastrointestinal distress. (2019) National ACSM Conference. Orlando, FL.
9. J.W. Smith, B.D. Shepherd, T.M. Garrison, **B.M. Krings**, M.J. McAllister. A novel assessment of law enforcement officer response to a dynamic shooting protocol. (2019) National ACSM Conference. Orlando, FL.
10. F.G. Price, A.J. Turner, **B.M. Krings**, H.S. Waldman, H. Chander, A.C. Knight, J.W. Smith, M.J. McAllister. (2019) National ACSM. Orlando, FL.
11. A.A. Wika, J.J. Boushon, A.J. Metallo, J.C. Cowley, **B.M. Krings**. Effects of increasing grip diameter during softball warm-up swings on subsequent swing performance. (2019) Wisconsin State NSCA Conference. Waukesha, WI.
12. **B.M. Krings**, B.D. Shepherd, H.S. Waldman, M.J. McAllister, J.W. Smith. Effects of carbohydrate mouth rinsing on upper-body resistance exercise performance. (2018) Midwest Chapter of the ACSM Conference. Grand Rapids, MI.
13. J.W. Smith, D.D. Pascoe, **B.M. Krings**, M.J. McAllister, M. Junfeng. Inertial load influences power measurements during the Wingate test. (2018) National ACSM Conference. Minneapolis, MN.
14. B.D. Shepherd, **B.M. Krings**, P.L. Williamson, J.C. Swain, H.S. Waldman, H. Chander, M.J. McAllister, A.C. Knight, and J.W. Smith. Effects of grip diameter on muscle activity and performance during deadlift and bent-over row exercise. (2018). Southeast Chapter of the ACSM Conference. Chattanooga, TN.
15. F.G. Price, A.J. Turner, **B.M. Krings**, H.S. Waldman, H. Chander, A.C. Knight, M.J. McAllister, and J.W. Smith. Impact of high-intensity interval training on division I college 800m/ 1500m runner’s performance. (2018). Southeast Chapter of the ACSM Conference. Chattanooga, TN.
16. **B.M. Krings**. Acute carbohydrate ingestion in anaerobic sport. (2017). Mississippi State NSCA Clinic. Mississippi State, MS.
17. **B.M. Krings**. Impact of occupational footwear during simulated workloads on exergy expenditure. (2017). Rapid Research Race. Southeast Chapter of the ACSM Conference. Greenville, SC.
18. **B.M. Krings**, S.D. Pope, J.A. Rountree, M.J. McAllister, J.W. Smith, and D.D. Pascoe. Reliability of a commercial speed analyzer to common field and laboratory assessments of lower body peak power. (2016). National NSCA Conference. New Orleans, LA.

**UNIVERSITY PRESENTATIONS/ABSTRACTS**

1. Greenfield, K.M., Giese, B.N., Bornbach, K., **B.M. Krings**. Measurement of Division III women’s volleyball players’ body composition during a competitive season. (2024) PCARD. University of Wisconsin-Platteville, Platteville, WI.
2. Giese, B.N., Greenfield, K.M., Bornbach, K., **B.M. Krings**. Jump heights and subjective perception of athletic performance energy levels over the course of a Division III women’s volleyball competitive season. (2024) PCARD. University of Wisconsin-Platteville, Platteville, WI.
3. H.B. Fliss, T.J. Wilkinson, S. Talwar, **B.M. Krings**. Analysis of body composition and nutritional habits in Division III female cross-country runners during a competitive season. (2023) PCARD. University of Wisconsin-Platteville, Platteville, WI.
4. T.J. Wilkinson, H.B. Fliss, S. Talwar, **B.M. Krings**. Measurements of body composition and nutritional habits of Division III male cross-country runners during a competitive season. (2023) PCARD. University of Wisconsin-Platteville, Platteville, WI.
5. A.M. Larson, A.A Wika, L.L. Swanson, A.L. Brown, **B.M. Krings**. Effects of acute lion’s mane mushroom extract on anaerobic exercise performance. (2020) PCARD. University of Wisconsin-Platteville, Platteville, WI.
6. A.A. Wika, J.J. Boushon, A.J. Metallo, J.C. Cowley, **B.M. Krings**. Effects of increasing grip diameter during softball warm-up swings on subsequent swing performance. (2019) PCARD. University of Wisconsin-Platteville, Platteville, WI.
7. M. Barakat, **B.M. Krings**, J.M. Dodd, B.D. Shepherd, H.B. Salancy, H.S. Waldman,

F.G. Price, M.J. McAllister, B.J. Fountain, J.G. Lamberth, J.W. Smith. Effects of carbohydrate timing and concurrent training while low carbohydrate dieting on body composition. (2018). College of Education Research Forum. Mississippi State University.

1. J.M. Dodd, **B.M. Krings**, M. Barakat, B.D. Shepherd, H.B. Salancy, H.S. Waldman,

F.G. Price, M.J. McAllister, B.J. Fountain, J.G. Lamberth, J.W. Smith. Effects of carbohydrate timing and concurrent training while low carbohydrate dieting on power output. (2018). College of Education Research Forum. Mississippi State University.

1. H.B. Salancy, **B.M. Krings**, B.D. Shepherd, M. Barakat, J.M. Dodd, H.S. Waldman,

F.G. Price, M.J. McAllister, B.J. Fountain, J.G. Lamberth, J.W. Smith. Effects of carbohydrate timing and concurrent training while low carbohydrate dieting on body composition. (2018). College of Education Research Forum. Mississippi State University.

1. B.D. Shepherd, **B.M. Krings**, H.B. Salancy, M. Barakat, J.M. Dodd, H.S. Waldman,

F.G. Price, M.J. McAllister, B.J. Fountain, J.G. Lamberth, J.W. Smith. Effects of carbohydrate timing and concurrent training while low carbohydrate dieting on fasted blood markers. (2018). College of Education Research Forum. Mississippi State University.

1. P.L. Williamson, J.C. Swain, A.J. Turner, B.D. Shepherd, H.S. Waldman, **B.M. Krings**, H. Chander, M.J. McAllister, J.W. Smith. Impact of grip diameter and resistance exercise on muscular performance. (2017). Undergraduate Research Symposium. Mississippi State University.
2. **B.M. Krings**, B.L. Miller, H. Chander, H.S. Waldman, M.J. McAllister, A.C. Knight,

B.F. Fountain, J.W. Smith. Influence of occupational footwear during simulated workloads on cardiorespiratory responses and oxygen consumption. (2017). College of Education Research Forum. Mississippi State University.

11. S.A. Basham, J.W. Smith, **B.M. Krings**, B.D. Shepherd, H.S. Waldman, M.J. McAllister. Carbohydrate and amino acid ingestion during upper body resistance exercise reduces post exercise catabolic activity. (2017). College of Education Research Forum. Mississippi State University.

12. H.S. Waldman, P.A. Cummings, **B.M. Krings**, J.W. Smith, M.J. McAllister. Effects of fat grip training on muscular strength and driving performance in Division I male golfers. (2017) College of Education Research Forum. Mississippi State University.

13. **B.M. Krings,** B.L. Miller, H. Chander, H.S. Waldman, M.J. McAllister, A.C. Knight,

B.F. Fountain, and J.W. Smith. Influence of occupational footwear during simulated workloads on cardiorespiratory responses and oxygen consumption. (2017). Graduate Student Research Symposium. Mississippi State University.

14. **B.M. Krings**, S.D. Pope, J.A. Rountree, M.J. McAllister, J.W. Smith, and D.D. Pascoe. Reliability of a commercial speed analyzer to common field and laboratory assessments of lower body peak power. (2016). College of Education Research Forum. Mississippi State University.

15. **B.M. Krings**, J.A. Rountree, M.J. McAllister, P.M. Cummings, T.J. Peterson, B.J. Fountain, and J.W. Smith. Effects of acute carbohydrate ingestion on strength and conditioning performance. (2016). Graduate Student Research Symposium. Mississippi State University.

16. J.A. Rountree, **B.M Krings**, T.J. Peterson, A.G. Thigpen, M.J. McAllister, M.E. Holmes, J.W. Smith. Efficacy of carbohydrate ingestion during training on CrossFit performance. (2016). Graduate Student Research Symposium. Mississippi State University.

17. **B.M. Krings**, and G.A. Wright. Zephyr BioharnessTM measurement accuracy of breathing rate at ventilatory threshold during graded exercise testing. (2014). Annual Celebration of Student Research, and Creativity. University of Wisconsin-La Crosse.

18. B.J. Fox, J.D. Hauser, **B.M. Krings**, C. O’Keefe, and G. VanGuilder. Comparing aquatic plyometric and land plyometric training on power and agility performance. (2012). Student Research Day. University of Wisconsin-Eau Claire.

**PROFESSIONAL CERTIFICATIONS**

|  |  |
| --- | --- |
| 2013-Present | Certified Strength and Conditioning Specialist  National Strength and Conditioning Association |
| 2008-Present | Responding to Emergencies Adult and Child First Aid/CPR/AED American Red Cross |

**PROFESSIONAL MEMBERSHIPS**

|  |  |
| --- | --- |
| 2011-Present | National Strength and Conditioning Association |
| 2011-Present | American College of Sports Medicine |
| 2015-2018 | Southeast American College of Sports Medicine Chapter |
| 2018-2020 | Midwest American College of Sports Medicine Chapter |

**SERVICE**

|  |  |
| --- | --- |
| 2023-Present | Secretary of the College of Liberal Arts and Education Faculty- UW-  Platteville |
| 2023-Present | Intercollegiate Athletics Committee- UW-Platteville |
| 2022-Present | Institutional Review Board for Human Subject Research- UW- Platteville |
| 2021-Present | Liberal Arts and Education College Curriculum Committee- UW- Platteville |
| 2022-Present | Peer Mentor- Men’s Baseball Team- UW-Platteville |
| 2018-Present | Departmental Salary and Promotion Committee- UW-Platteville |
| 2018-Present | Exercise Science Advisor- Health and Human Performance Club |
| 2018-Present | Faculty Advisor- Exercise Science Research Club |
| 2016-Present 2018-Present | Reviewer for International Journal of Exercise Science Technical Reviewer for WiSys Ignite Grant Program |
| 2017-Present | Reviewer for Journal of Strength and Conditioning Research |
| 2022 | New Student Experience Discovery U Teaching |
| 2022-2023 | HHP Search Committee Chair- UW-Platteville |
| 2021-2022 | Student Health Care Committee- UW-Platteville |
| 2019-2021 | Faculty Advisor- Platteville Strength, Power, Fitness Club |
| 2018-2021 | College Elections Committee- UW-Platteville |
| 2019 | Precollege Academy Teaching |
| 2019 | School of Education Hiring Committee |
| 2018-2019 | College Library Representative- UW-Platteville |
| 2016-2018 | Graduate Student Representative- Department of Kinesiology Advisory Board, Mississippi State University |
| 2017 | Reviewer for Applied Physiology, Nutrition, and Metabolism |
| 2017 | Reviewer for Journal of Sport and Health Sciences |

**AWARDS**

2017 Ph.D. Student of the Year, Department of Kinesiology, Mississippi State University 2018 College of Education Graduate Student of the Year, Mississippi State University 2018 Graduate School Hall of Fame Scholar Student, Mississippi State University

**VOLUNTEER EXPERIENCE**

|  |  |  |
| --- | --- | --- |
| 2012-2013 | Strength and Conditioning Coach  College Athletics | UW-La Crosse |
| 2011-2012 | Strength and Conditioning Coach Boys Ice Hockey | Eau Claire North High School, WI |
| 2011 | Personal Trainer | UW-Eau Claire |

**INTERNSHIPS**

|  |  |  |
| --- | --- | --- |
| 01/2014-  05/2014 | United States Air Force Academy Human Performance Lab | Colorado Springs, CO |
| 05/2011-  08/2011 | YMCA | Eau Claire, WI |