

# Benjamin Wax Jr., Ph.D.

Box 6186  
Mississippi State, Ms. 39762

(662) 428-8793  
bw244@msstate.edu

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## EDUCATION:

### **Doctor of Philosophy, (1999)**

Major Emphasis: Exercise Physiology  
Minor Emphasis: Statistics and Special Populations  
University of Mississippi, Oxford, MS

### **Master of Science, (1993)**

Major Emphasis: Exercise Physiology  
Mississippi State University, Starkville, MS

### **Bachelor of Science, (1991)**

Major Emphasis: Sport Pedagogy (Teaching & Coaching)  
Mississippi State University, Starkville, MS

### **Associate Degree, (1988)**

Itawamba Community College, Fulton, MS

## EMPLOYMENT EXPERIENCE:

### **2014 - Present**

**Associate Professor and Division Coordinator of Exercise  
Science in Department of Kinesiology  
(Promotion & Tenure recommend by Dr. Keenum to IHL)**  
Mississippi State University

### University Committee:

2014 - 2017: Full Member of Institutional Review Board for  
the Protection of Human Subjects (Reappointed)

### Departmental Committees:

2014-Current: Exercise Physiology Laboratory  
2014-Current: Graduate Committee

### Professional Appointments:

2014-Current: National Strength and Conditioning Association  
Advisory Board for Mississippi (Reappointed)

**2008 (August) - 2014 (May)**

**Assistant Professor in Department of Kinesiology**

Mississippi State University

Graduate Level 1 Faculty (7/1/2013)

Graduate Level 2 Faculty (2008-2013 (6/30))

Classes Taught:

***Division of Applied Physiology***

Doping and Supplementation (EP 8253 Graduate Level)

Training Tech and Exercise (EP 6153 Graduate Level)

Fitness Programs & Testing (EP 4113 UG)

Training Tech and Exercise (EP 4153 UG)

Personal Fitness Training & Lab (EP 3663 UG)

Exercise and Weight Control (EP 4183 UG)

***Division of Sport Studies***

Sport Physiology (PE 3313 UG)

Sport Physiology Lab (PE 3313 UG)

Motor Development & Lab (PE 3223 UG)

Elementary Physical Education (PE 3153 UG)

Course Development:

Doctoral (SS) Seminar II (KI 8943)

Sport Physiology (PE 3313)

Training Tech and Exercise (EP 4153/6153)

Personal Fitness Training & Lab (EP 3663)

Strength and Conditioning (KI 4990)

Field Experience Supervision:

Teaching Internship (PE 4886)

Teaching Internship (PE 4896)

University Committee:

2013 - 2014: Full Member of Institutional Review Board  
for the Protection of Human Subjects

2011 - 2013: Alternate Member of Institutional Review  
Board for the Protection of Human Subjects

2013: Institutional Review Board Compliance  
Subcommittee

2012: Institutional Review Board Compliance  
Subcommittee

College of Education Committees:

2013- Search Committee for Department of  
Recreational Sports

2012- Search Committee for Department of Music

2008-2010: Faculty Council

Departmental Committees:

2013-2014 Current: Exercise Physiology Laboratory

2011-2014 Current: Public Relations

2008-2010: NCATE Committee

2008-2010: Library Committee

Professional Appointments:

2011-2014: National Strength and Conditioning

Association Advisory Board for Mississippi

Grants and Gifts:

Gifts:

**2014**

Iovate Health Sciences International

**Wax, B.** & Smith, J.W. "Impact of Glycine arginine alpha ketoisocaproic acid calcium on resistance performance.

**(Awarded as Gift 9,899.15)**

Internal Grants:

**2012-2013**

Office of Research and Economic Development. Research Initiation Program. "Examining STEM and non-STEM Differences in Communication Apprehension and Cortisol Levels" (Joint submission with Dr. Nicholson from the College of Arts)

**Awarded 2000.00** (Seed money for pilot testing for NSF Grant Submission)

Office of Research and Economic Development. Faculty Research Support Program. **(Awarded 1644.00)** Split between ORED, Dean's Office, and Kinesiology Department

**2010**

Office of Research and Economic Development. Research Initiation Program. **(Awarded 1428.00)** Split between ORED, Dean's Office, and Kinesiology Department

**2009**

Office of Research and Economic Development. Faculty Travel Program for a Presentation at ACSM in Baltimore, Maryland **(Awarded 750.00)**

Office of Research and Economic Development. Research Initiation Program. **(Awarded 1651.00)**

External Grants:

**2014**

Smith, J.W. & **Wax, B.** "Impact of Carbohydrate-Protein Ingestion During Strength and Conditioning Training Sessions on Exercise Performance". (51,180.98 Submitted to Herbal Life)

**2013**

Smith, J.W. & **Wax, B.** "Impact of Carbohydrate Ingestion During Strength and Conditioning Training Sessions on Exercise Performance. (51,685.50 Submitted to Gatorade Sport Science Institute) Not Funded

**2010-2011**

**Wax, B.** & Webb, H.E. "Mississippi State University Partnership Unity Program (MSU-PUP). NCMHD Health Disparities Research on Minority and Underserved Populations (RO1). 1,000,000 (not selected)

**Wax, B.** & Webb, H.E. "Mississippi State University Partnership Unity Program (MSU-PUP)." National Institutes of Health (Academic-Community Partnership Conference Series - U13) (30,000 year for up to 3 years) (not funded)

Professional Service

- 2012 Reviewer for Jones & Bartlett Learning "Introduction to Exercise Physiology"
- 2012 Reviewer for Lippincott Williams & Wilkins "ACSM's Behavioral Aspects of Exercise"
- 2011 Reviewer for Lippincott Williams & Wilkins "Exercise Physiology for Health, Fitness, and Performance"
- 2010 Reviewer for Lippincott Williams & Wilkins "Resistance Training Interactive Study Guide"
- 2010 Reviewer for Lippincott Williams & Wilkins "Exercise Physiology"
- 2010 Reviewer for Lippincott Williams & Wilkins "ACSM's Business for the Health & Fitness Professional"

Editorial & Reviewer Service (currently ongoing):

- Journal of Dietary Supplements
- Journal of the International Society of Sports Nutrition
- Journal of Sports Medicine & Doping Studies
- Nutrients
- Journal of Diabetes & Metabolism
- The Journal of Sports Medicine and Physical Fitness
- Research Quarterly for Exercise and Sport
- Journal of Novel Physiotherapies

•Journal of Teacher Education

Student Theses Completed

2014 "Effects of Selected Amino Acids on Resistance Training Protocol During a Selected Hypertrophy Protocol" by Elizabeth Hall (Committee Chair)

2013 "Effects of Citrulline Malate on Lower Body Bouts of Resistance Exercise" by Kevin Weldon (Committee Chair)

2012 "Effects on Supplemental Citrulline Malate During A Resistance Training Protocol" by Kinnard Luckett (Committee Chair)

2012 "Effects of Glycine-Arginine-Alpha-Ketosiocaproic Acid Calcium on Maximal Strength and Multiple bouts of Resistance Exercise" by Laura Hilton (Committee Chair)

2011 "The Effects of Glycine-Arginine-Alpha-Ketosisocaproic Acid Calcium on Maximum Strength and Muscular Endurance" by Mareio C. Harris (Committee Chair)

Student Theses in Progress

2014 "Effects of Various Types of Stretching on Running Performance" by Roger Keesling (Chair: In Progress)

2014 "Impact of the Digital Data on the Online Fitness Industry" by Sivas Vivekanandan (Committee Member)

**2005 - 2008**

**Director of Fitness Center / Associate Professor (Tenured),**  
Mississippi Valley State University, Itta Bena, MS.

Classes Taught:

Exercise Physiology

Kinesiology

Comprehensive Health

Consumer Health

Foundations of Physical Education

Motor Development

Organization and Administration of Physical Education

Psychology of Exercise (Online Web-CT Course)

Consumer Health (Online Web-CT Course)

Fitness Center Duties:

Physiological Testing of Athletes, Athletic Seminars (Nutrition, Psychological & Training), Staff scheduling and training, facility scheduling for athletic and non-athletic facility use, Center's day-to-day operations, and serving as a liaison between the HPER Department and the Athletic Department.

Grants Submitted:

Health and Fitness for Underserved Populations/Areas  
US Department of Education  
(Submitted 2007 - **Funded \$157,479.00**)

Grant Projects Served:

July 2005 - 2007 Physical Education Coordinator  
The Science and Technology Annual Summer Program,  
Mississippi Valley State University, Itta Bena, MS

Duties Include:

Coordination of staff, staff training, and devising and implementation of programs.

University, College & Departmental Committees Served:

- University Institutional Review Board 2006-2008
- Wellness Committee (Chair) 2006-2008
- Athletic Compliance Committee 2006-2008
- University's Steering Committee for SACS
- NASPE (As Departmental Chair Assigns)
- NCATE Conceptual Framework Committee
- HPER Departmental Curriculum Committee
- Grantmanship Committee
- Research and Data Collection Committee
- Graduate Faculty Committee
- Web-CT Committee
- Committee of University's Technology Committee
- Health Coordinator for the College of Education
- Guest Lecture (Campus and Community forums)

**1999 - 2004**

**Director of Fitness Center / Assistant Professor,**  
Mississippi Valley State University, Itta Bena, MS.

Classes Taught:

Exercise Physiology  
Anatomical Kinesiology  
Comprehensive Health  
Consumer Health  
Foundations of Physical Education  
Motor Development  
Organization and Administration of Physical Education

Fitness Center Duties:

Physiological Testing of Athletes, Athletic Seminars (Nutrition, Psychological & Training), Staff scheduling and training, facility scheduling for athletic and non-athletic facility use, Center's day-to-day operations, and serving as a liaison between the HPER Department and the Athletic Department.

Grants Submitted:

Health and Fitness for Underserved Populations/Areas  
US Department of Education  
(Submitted 2004 - **Funded \$25,000.00**)

Health and Fitness for Underserved Populations/Areas  
US Department of Education  
(Submitted 2003 - **Funded \$15,000.00**)

Hazardous Love Testing Integrated Early Sexuality Interventions Among Three Adolescent Age Groups in the Mississippi Delta, which was submitted to Centers for Disease Control and Preventions.  
(Submitted 2002 not funded).

Grant Projects Served:

July 2001 - 2004 Physical Education Coordinator  
The Science and Technology Annual Summer Program,  
Mississippi Valley State University, Itta Bena, MS  
Duties Include:

Coordination of staff, staff training, and devising and implementation of programs.

University, College & Departmental Committees Served:

- University's Steering Committee for SACS
- NASPE (As Departmental Chair Assigns)
- NCATE Conceptual Framework Committee
- HPER Departmental Curriculum Committee
- Research and Data Collection Committee
- Graduate Faculty Committee
- Web-CT Committee
- Co-chair of MVSU Wellness Center Project
- Chair of MVSU Technology Committee for the Department of HPER
- Committee of University's Technology Committee
- Health Coordinator for the Education Department
- Chairing HPER Department preparation for NCATE
- Building and Grounds Committee
- Guest Lecture (Campus and Community forums)

**1993 - 1998**

**The University of Mississippi  
Graduate Instructor/Researcher for the Department of  
Exercise Science and Leisure Management.**

Class Duties:

Exercise Physiology laboratory  
Personal and Community Health  
Resistance Training (Beginning & Advanced)  
Beginning Racquetball  
Assisted with Lab Research

University Activities:

Special Olympics Track and Field (Yearly Event)  
Special Olympics Basketball (Yearly Event)  
Special Olympics Bowling (Yearly Event)  
Special Olympics for Seniors (Yearly Event)  
Hosting Nutritional and Fitness Programs for the Learn,  
Earn, and Prosper Educational Television Program

**1993 - 1994**

**The University of Mississippi, Ms.  
Graduate Assistant for the Bessie Speed Wellness Center.**

Duties Included:

Organizing Athletic Awareness Programs, Athletic  
Counselor, and Community Seminars.

**1992 - 1993**

**Lafayette County School, Ms.  
Teacher and Strength Coach:**

Duties Included:

Teaching Health Classes, Designing Resistance Programs for  
Various Sports (football, boys track, girls track, and the  
boys basketball team)

**1991 - 1992**

**Mississippi State University, Ms.  
Graduate Instructor for the Department of Kinesiology:**

Duties Included:

Laboratory Assistant, Teaching Basic Fitness Concepts and  
Strength Training Classes.

**PROFESSIONAL AFFILIATIONS:**

National Strength and Conditioning Association  
International Society of Sports Nutrition  
American College of Sports Medicine



**PUBLICATIONS at Mississippi State University:**

**Wax, B.**, Kavazis, A.N., & Brown, S.P. (2013). "Effects of Supplemental Carbohydrate Ingestion During Superimposed Electromyostimulation Exercise in Elite Weight lifters." *Journal of Strength and Conditioning Research*. Oct; 27(11), 3084-3090  
DOI: 10.1519/JSC.0b013e31828c26ec

**Wax, B.**, Hilton, L., Vickers, B., Gilliland, K., and Conrad, M. (2013) "Effects of Glycine-Arginine-alpha-Ketiosocaproic Acid Supplementation in College-Age Trained Females During Multi-Bouts of Resistance Exercise." *Journal of Dietary Supplements*. Mar; 10(1):6-16 DOI:10.3109/19390211.2012.758216

**Wax, B.**, Kavazis A.N., Brown S.P., and Hilton, L. (2013) "Effects of Supplemental GAKIC Ingestion on Resistance Training Performance in Trained Males." *Research Quarterly for Exercise and Sport*. June; 84:2, 245-251. DOI: 10.1080/02701367.2013.784845

**Wax, B.**, Mayo J.J., Hilton, L., Miller, J., Webb, H.E., and Lyons, B. (2013) "Acute L-arginine Alpha Ketoglutarate Fails To Improve Muscular Force Strength and Endurance in ROTC Cadets." *International Journal of Exercise Science*. 6(2): 91-97

Webb, H.E., Campbell, D.A., Tangsilat, S.E., McLeod, K.A., Acevedo, E.O., & **Wax, B.** (2013) "Aerobic Fitness Impacts Cortisol Responses to Concurrent Challenges". *Medicine & Science in Sports & Exercise*. Feb; 45(2):379-86. Doi 10.1249/MSS.0b013e318270b381.

**Wax, B.**, Brown, S.P., Webb, H.E., & Kavazis, A. (2012). "Effects of Carbohydrate Intake on Force Output and Time to Exhaustion during Static leg Contractions Superimposed with Electromyostimulation." *Journal of Strength and Conditioning Research*. Vol 26(6)/1717-1723.

**Wax, B.**, Kavazis, A.N., & Webb, H.E. (2012) "L-arginine Alpha Ketoglutarate does not Increase Muscular Force Output or Endurance in Untrained or Resistance Exercise Trained Young Females." *The Journal of Applied Research*. V12 (1): 21-29.

**Wax, B.**, Kavazis, A.N., Webb, H.E., Brown, S.P. (2012) "Acute Ingestion of L-arginine Alpha-Ketoglutarate Fails to Improve Muscular Force Output and Endurance in Resistance Exercise Trained and Untrained Men." *Journal of the International Society of Sports Nutrition*. 9:17 DOI: 10.1186/1550-2783-9-17

Kavazis, A.N., **Wax, B.** & Harris M. (2012) "Glycine-Arginine-Alpha-Ketoisocaproic Acid Increases Muscular Force Output and Endurance." *Archives of Exercise in Health and Disease*. V3(3): 200-206, 2012, DOI: 10.5628/aeht.

Vickers, B. and **Wax, B.** (2012) "Modes of Learning Utilized by Coaches to Increase Knowledge and Understanding". *Sport Science Review*, vol XXI, 5-6: 97-111. Doi 10, 2478/v10237-012-0020-8

**BOOK CHAPTER:**

Wax B. In Preedy V, ed. *Arginine in Health and Disease*. Springer (in progress)

Abadie BR, Brown SP, **Wax B**, and McAllister M. Health-Fitness. In: Brown SP, ed. *Introduction to Exercise Science*. Dubuque, IA Kendall Hunt 2013.

**Published Abstracts:**

**Wax, B.**, K. Lockett, J. Miller, A. Thigpen, H.E. Webb, A.N. Kavazis, and J. Townsend. (2013) "Supplemental Citrulline Malate Enhances Resistance Training Performance in Trained Males." [Abstract] *Journal of Strength and Conditioning Research*, 27: 908.

**Wax, B.**, K. Weldon, A.N. Kavazis, J. Sperlak, B. Vickers, K. Gilliland, and M. Cook. (2013) "Effects of Citrulline Malate on Repeated Bouts of Lower-Body Resistance Exercise." [Abstract] *Journal of Strength and Conditioning Research*, 27: 886.

**Wax, B.**, M. Harris, A.N. Kavazis, H.E. Webb, L. Hilton and J. Townsend. (2012) "Submaximal Leg Extension Total Load Volume Increases In Females Following Glycine-Arginine-Alpha-Ketoisocaproic Acid Ingestion." [Abstract] *Journal of Strength and Conditioning Research*, 26: 1041.

**Wax, B.**, L. Hilton, H.E. Webb, A.N. Kavazis, M. Harris, and K. Gilliland. (2012) "Glycine-Arginine-Alpha-Ketoisocaproic Acid Calcium Increases Muscular Force Output and Endurance in Trained Males." [Abstract] *Journal of Strength and Conditioning Research*, 26: 1034.

**Wax, B.**, J. Russell, L. A. Hilton, H. E. Webb, B. Vickers, K. Gilliland. (2011) "L-arginine Alpha-Ketoglutarate Ingestion Does Not Enhance One-Repetition Maximal Strength and Muscular Endurance in Trained and Untrained Females." [Abstract] *Journal of Strength and Conditioning Research*, 25: 752.

**Wax, B.** M. C. Harris, J. D. Miller, H. E. Webb, D. Youmans, B. Vickers. (2011) "Effect of L-arginine Alpha-Ketoglutarate Ingestion on Muscular Strength and Endurance in ROTC Male Cadets." [Abstract] *Journal of Strength and Conditioning Research*, 25: 780.

**Wax, B.,** Webb, H.E., Harris, M.C., Hilton, L., Russell, J.M., Miller, J.D., Youmans, D.A. and Mobley, M.L. (2010) "The Effect of L-arginine alpha-ketoglutarate on Muscular Strength and Endurance." [Abstract] *Journal of Strength and Conditioning Research*, 25:S111.

**Wax, B.,** Brown, S.P., Webb, H.E. and Kinzey, S.J. (2010) "The Indices of Fatigue" 57<sup>th</sup> Annual ACSM National Meeting, Baltimore, Maryland. [Abstract] *Medicine & Science in Sports & Exercise*, V42: S579.

**Wax, B.,** Kinzey, S.J., Lyons, B. and Brown, S.P. (2009) "The Ergogenic Effects of Carbohydrate on Force Output and Slope of Fatigue During a Selected Resistance Protocol." [Abstract] *Journal of Strength and Conditioning Research*, 24: 727.

#### **Manuscripts in Review:**

**Wax, B.,** Kavazis, A.N., Weldon K., and Sperlak, J. (2014) "Effects of Supplemental Citrulline Malate Ingestion During Repeated Bouts of Lower-body Exercise in Advanced Weight Lifters" (Revise and Resubmit to JSCR)

**Wax et al.** "Effects on Supplemental Citrulline Malate During A Upper Body Resistance Training Protocol" (Submitted to IJSNEM)

Gilliland, K., Hypes, M., Hypes, J., and **Wax, B.** (2013) "Pre-Service Physical Education Teachers Tools and Attributions." (In Submission - Physical Educator)

Lyons, B., Mayo, J., and **Wax, B.** "Bench Press Variations: Options for the Personal Trainer and Strength Coach" (Submitted to Sports Science Review)

#### **INTERNATIONAL AND NATIONAL CONFERENCE PRESENTATIONS at MSU:**

2014 "Does Citrulline Malate Ingestion Augment Muscular Performance During A Selected Lower-Body Training Protocol." **Wax,** and S. Dorgo. 37<sup>th</sup> Annual NSCA National Meeting, July 12, Las Vegas, Nevada. (Accepted)

2014 "Supplemental GAKIC Enhances Lower-Body Resistance Training Performance in Trained Males During a Hypertrophy Protocol." **Wax,** B., E. Hall, A.N. Kavazis, A. Walton, M. Cook, B. Vickers, J. Townsend, K. Gilliland. 37<sup>th</sup> Annual NSCA National Meeting, July 11, Las Vegas, Nevada. (Accepted)

2014 "Acute Arginine Supplementation Does Not Augment Muscular Strength in Southeastern Conference D1 Female Athletes." E. Hall, **B. Wax,** A.N. Kavazis. 37<sup>th</sup> Annual NSCA National Meeting, July 12, Las Vegas, Nevada. (Accepted)

2014 "Southeastern Conference Collegiate Football Coaches' Perception of Mentorship" Vickers, B., **Wax, B.**, and Grant, M. Association Internationale des Ecoles Superieures d'Education Physique (International Association for Physical Education in Higher Education)World Congress. February, 2014, Auckland, New Zealand.

2013 "Applying and Revising Message Design Logic to Address the Lack of Participation of Women in STEM Fields." Nicholson, J., Codling, J., Su Lim, J., Oppenheimer, B., Robinson, T., Warren, S., **Wax, B.**, and Goodman, M.A. National Communication Association Annual Convention, November, Washington, D.C.

2013 "Supplemental Citrulline Malate Enhances Resistance Training Performance in Trained Males." **Wax, B.**, K. Lockett, J. Miller, A. Thigpen, H.E. Webb, A.N. Kavazis, and J. Townsend. 36<sup>th</sup> Annual NSCA National Meeting, July 12, Las Vegas, Nevada.

2013 "Effects of Citrulline Malate on Repeated Bouts of Lower-Body Resistance Exercise." **Wax, B.**, K. Weldon, A.N. Kavazis, J. Sperlak, B. Vickers, K. Gilliland, and M. Cook. 36<sup>th</sup> Annual NSCA National Meeting, July 13, Las Vegas, Nevada.

2013 "Video Teaching Compared to Physical Teaching to Assess Motor Skills." Gilliland, K., **Wax, B.**, and Vickers, B. American Alliance for Health, Physical Education, Recreation and Dance. April 26, National Convention, Charlotte, North Carolina.

2012 "Submaximal Leg Extension Total Load Volume Increases In Females Following Glycine-Arginine-Alpha-Ketoisocaproic Acid Ingestion." **Wax, B.**, M. Harris, A.N. Kavazis, H.E. Webb, L. Hilton and J. Townsend. 35<sup>th</sup> Annual NSCA National Meeting, Providence, Rhode Island.

2012 "Glycine-Arginine-Alpha-Ketoisocaproic Acid Calcium Increases Muscular Force Output and Endurance in Trained Males." **Wax, B.**, L. Hilton, H.E. Webb, A.N. Kavazis, M. Harris, and K. Gilliland. 35<sup>th</sup> Annual NSCA National Meeting, Providence, Rhode Island.

2011 "L-arginine Alpha-Ketoglutarate Ingestion Does Not Enhance One-Repetition Maximal Strength and Muscular Endurance in Trained and Untrained Females." **Wax, B.**, J. Russell, L. A. Hilton, H. E. Webb, B. Vickers, K. Gilliland. 34<sup>th</sup> Annual NSCA National Meeting, July 7, Las Vegas, Nevada.

2011 "Effect of L-arginine Alpha-Ketoglutarate Ingestion on Muscular Strength and Endurance in ROTC Male Cadets." **Wax, B.** M. C. Harris, J. D. Miller, H. E. Webb, D. Youmans, B. Vickers. 34<sup>th</sup> Annual NSCA National Meeting, July 9, Las Vegas, Nevada.

2011 "Physical Education Teacher Candidates' Perceptions of Coaching Preparedness." Vickers, B. & **Wax, B.** (2011, June). Association Internationale des Ecoles Superieures d'Education Physique (International Association for Physical Education in Higher Education)World Congress. Limerick, Ireland.

2010 "The Effect of L-arginine alpha-ketoglutarate on Muscular Strength and Endurance." **Wax, B.**, Webb, H.E., Harris, M.C., Hilton, L., Russell, J.M., Miller, J.D., Youmans, D.A. and Mobley, M.L. 33<sup>rd</sup> Annual NSCA National Meeting, July 17, Orlando, Florida.

2010 "The Indices of Fatigue" **Wax, B.**, Brown, S.P., Webb, H.E. and Kinzey, S.J. 57<sup>th</sup> Annual ACSM National Meeting, June 5, Baltimore, Maryland.

2009 "The Ergogenic Effects of Carbohydrate on Force Output and Slope of Fatigue During a Selected Resistance Protocol." **Wax, B.**, Kinzey, S.J., Lyons, B. and Brown, S.P. 32<sup>nd</sup> Annual NSCA National Meeting, July 10, Las Vegas, Nevada.

#### **Regional/State Presentations:**

2014 "Effects of Selected Amino Acids on Resistance Training Protocol During a Selected Hypertrophy Protocol." E. Hall, **B. Wax**, and A.N. Kavazis. MSU Annual Graduate Student Symposium, March 15, Mississippi State, Mississippi.

2013 "Impact of L-arginine alpha-ketoglutarate Ingestion on Muscular Strength in Female Athletes." Hall, E., Cook, M., & **Wax, B.** Annual NSCA Mississippi State Clinic, October 26, USM Hattisburgh, Mississippi.

2013 "Impact of L-arginine alpha-ketoglutarate Ingestion on Muscular Strength in Female Athletes." Cook, M., Hall, E., & **Wax, B.** Annual NSCA Mississippi State Clinic, October 26, USM Hattisburgh, Mississippi.

2009 "A Comprehensive Review on the Gender Differences in Fat Metabolism and Modulation During Rest and Exercise." Honea, K., **Wax, B.** and Altena, T. 7<sup>th</sup> Annual Conference. Girls and Women in Health and Physical Activity. LSU in Shreveport.

2008 "Opportunities in Exercise Science and Kinesiology." **Wax, B.** Enhancing Minds in Health, Wellness and Physical Education in the 21<sup>st</sup> Century, Coahoma Community College.

**Oral Conference Proceeding(s) :**

2013 "Carbohydrate and Resistance Training Performance: A Practical Perspective of Athletes and Practitioners." **Wax, B.** Annual NSCA Mississippi State Clinic, October 26, USM Hattisburgh, Mississippi.

**Invited Papers (Brief/Critical Review) in Preparation**

**Wax, B.** "Caffeine's use as a Ergogenic Aid: Consideration for the Female Athlete" (Invited by Sport Medicine)

**Wax, B.** "Dietary Supplements as a Potential Aid for Osteoporosis Treatment" (Invited by Journal of Food & Nutritional Disorders."

**Manuscripts in Preparation:**

**Wax et al.** "Acute Effects of a Amino Acid Ingestion On Exercise Performance" (Manuscript in Preparation for Journal of Sports Nutrition and Metabolism)

Mayo, JJ., Lyons, B., Tucker, S., and **Wax, B.** "Electromyographical Analysis of Muscle Activation Patterns for Selected Kettlebell Exercises" (Manuscript in Preparation for JSCR)

Gilliland, K. and **Wax, B.** "Physical Education Teacher Interns Perceptions of Internships and Mentor Teachers: Case study" (Manuscript in Preparation)

Hatten, T., Judd, M., **Wax, B.**, Kulpa, C. "Declining Participation Rates in United States Men's Fastpitch Softball: What do the Participants view as the Causes?" (In preparation to be submitted to International Journal of Sport Management)

Vickers, B. and **Wax, B.** "Communities of Practice and Peer Interactions of Southeastern Conference Head Football Coaches" (In Preparation)

Vickers, B. and **Wax, B.** "Expert Coaches Perception of Coaching Education" (In Preparation)

**Research in Progress:**

Wax et al. "The Effects of GAKIC on Upper Body Power Measures"

Wax et al. "The Effects of GAKIC on Lower Body Power Measures"

Gilliland, K., Stamatis, A., **Wax, B.**, and Brown. "Oxygen Consumption During Horseback Riding" (Manuscript now in Planning)

**Wax et al.** "Effects of Citrulline Malate Ingestion on Trained Males During Acute Resistance Exercise"

**Wax et al.** "Effects of Citrulline Malate on Trained Females During Repeated Bouts of Exercise"

Lyons B., **Wax, B.** et al. "Eight Yoga Postures that every athletic trainer should know"

Vickers, B. and **Wax, B.** "Physical Education Teacher Candidates' Perceptions of Coaching Preparedness"

**PUBLICATIONS at MVSU (Non-Research Institution):**

Lyons, B., Clocksin, B., **Wax, B.** & Avard, F. (2007). Bar Positioning During the Free Weight Squat to Teach Biomechanical Principles. Louisiana Association for Health, Physical Education, Recreation and Dance, Vol. 71:1 16-19.

Hatten, T., Lyons, B., & **Wax, B.** (2007). High School and College Weight Training Courses: Promoting Concepts and Debunking Misconceptions. Illinois Association for Health, Physical Education, Recreation and Dance, Fall 21-25.

**Wax, B.**, Abadie, B., Tinnon, B., & Tollison, R. (1993). Effects of Various Intensities upon Post Exercise Oxygen Consumption During Arm Ergometry, Medicine Science Sports and Exercise, 64:36-37.

**CONFERENCE PRESENTATIONS & PUBLISHED ABSTRACTS at MVSU:**

2007 "The Effects of Online Learning Centers on Kinesiology Students' Test Scores." **Wax, B.** Lyons, B. and Hatten, T. The Teaching in Higher Education Forum "Keeping the Touch in Technology", Louisiana State University.

2005 "The Use of Non-Computer Based Instruction vs. Computer Based Instruction on Student's Test Scores in Physical Education Health Classes." **Wax, B.** and Avard, F. Mississippi Valley State University. Teaching in Higher Education 2005 Annual Meeting, Delta State University.

2004 "The Difference Between Traditional Teaching vs. PowerPoint Instruction on Non-traditional Students Test Scores." **Wax, B.** and Avard, F. The Teaching in Higher Education Forum "Keeping the Touch in Technology", Louisiana State University.

2003 "The effects of traditional teaching vs. PowerPoint instruction on Student test scores." **Wax, B.** and Avard, F. The Teaching in Higher Education Forum "Keeping the Touch in Technology", Louisiana State University.

2003 "Exercise and the Relaxation Response in Trained and Untrained African American Females." Turner, T., Mahone, W., and **Wax, B.** Mississippi Academy of Science 67<sup>th</sup> Annual Meeting

**CONFERENCE PRESENTATIONS & PUBLISHED ABSTRACTS (Graduate Status):**

1998 "Metabolic Response of Elliptical Exercise Training, Kravitz, L., **Wax, B.**, Mayo, J.J., Daniels, R., & Charette, K. Annual American College of Sports Medicine 45th Meeting, Orlando, Florida.

1995 "Effects of Arm Exercise in Conjunction with Cycling on Maximal Oxygen Consumption," Abadie, B., Laundry, K., Tollison, R., **Wax, B.**, Ways, C., Simmons, S. Southeastern Regional American College of Sports Medicine Meeting.

1994 "Influence of Fitness Levels on Post Exercise Oxygen Consumption During Arm Ergometry," Tollison, R., Abadie, B., **Wax, B.**, Tinnon, B., Onan, D., Lambert, J. Southern District of American Alliance for Health Recreation and Dance.

1993 "Effects of Various Durations upon Post Exercise Oxygen Consumption During Arm Ergometry," Tinnon, B., Abadie, B., Tollison, R., **Wax, B.**, Onan, D., Lambert, J. Southeastern Regional American College of Sports Medicine Meeting.

1993 "Effects of Various Intensities upon Post Exercise Oxygen Consumption During Arm Ergometry," **Wax, B.**, Abadie, B., Tinnon, B., Tollison, R. American Alliance for Health Recreation and Dance.

**SEMINARS/WORKSHOPS CONDUCTED:**

2012	"Health Transformation"	Mississippi State
2011	"Walking 10,000 Steps to HL"	Mississippi State
2009	"Dealing with Pressure"	Prairie, Ms.
2009	"Dealing with Pressure"	Aberdeen, Ms.
2009	"Leadership Skills"	Hamilton, Ms.
2009	"Leadership Skills"	Nettleton, Ms.
2008	"Physical Activity & Walking"	Greenwood, Ms.
2008	"Get Flexible"	Greenwood, Ms.
2008	"Championship Mentality"	MVSU Men's Basketball
2007	"PowerPoint Presentations"	MVSU College of Education
2007	"African Health & Wellness Day"	Mississippi Valley State
2007	"Championship Mentality"	MVSU Athletes
2007	"Nutrition for Champions"	MVSU Athletes
2006	"Strength Training for T&F"	MVSU Track & Field Athletes
2006	"Psychology of a Champion"	MVSU Men's Basketball
2006	"Psychology of a Champion"	MVSU Soccer Team
2006	"Nutrition for Champions"	MVSU Baseball Team

**COMMUNITY ACTIVITIES/Service:**

**2013** Strength & Conditioning Bench Press Judge, MSU, Sanderson Center  
**2013** Strength & Conditioning Squat Judge, MSU, Sanderson Center  
**2013** Strength & Conditioning Deadlift Judge, MSU, Sanderson Center  
**2013** Volunteer Coach for Starkville Baseball Program



**2013** Volunteer Coach for Upward Bound Basketball Program  
**2013** Project AIM Mentoring Program at Armstrong Elementary School  
 (Starkville)  
**2013** Guest lecturer in Introduction to Exercise Science (Spring - MSU)  
**2012** Bench Press, Deadlift & Squat competition (judge) at Sanderson  
 Center (MSU)  
**2012** Guest lecturer in Introduction to Exercise Science (Spring & Fall  
 - MSU)  
**2012** Project AIM Mentoring Program at Armstrong Elementary School  
 (Starkville)  
**2011** Bench Press, Deadlift & Squat competition (judge) at Sanderson  
 Center (MSU)  
**2011** Guest lecturer in Introduction to Exercise Science (Spring & Fall  
 - MSU)  
**2011** Project AIM Mentoring Program at Henderson Elementary School  
 (Starkville)  
**2011** CDRS Staff Development Workshop  
**2010** Guest lecturer in Introduction to Exercise Science (Spring & Fall  
 - MSU)  
**2010** Project AIM Mentoring Program at Henderson Elementary School  
 (Starkville)  
**2010** Bench Press & Squat competition (judge) at Sanderson Center (MSU)  
**2009** Guest lecturer in Introduction to Exercise Science (Spring & Fall  
 - MSU)  
**2009** Project AIM Mentoring Program at Henderson Elementary School  
 (Starkville)  
**2009** Bench Press competition (judge) at Sanderson Center (MSU)  
**2009** FPU Workshop (Methodist Church) Aberdeen, Mississippi  
**2009** Bench Press Competition (Judge) Mississippi State University  
**2007 - 2000**  
 Itta Bena Fall Festival Itta Bena, Ms. Annual Event  
 Itta Bena Health Fair Itta Bena, Ms. Annual Event  
 Delta Health & Wellness Expo MVSU Annual Event  
 African Health and Pride Day MVSU Annual Event  
 Special Olympics (Indoor Events) MVSU Annual Event  
 Special Olympics (Outdoor Events) MVSU Annual Event  
 Community Health Fair Greenwood, Ms. Annual Event  
 HPER Thanksgiving Community Food Drive  
 HPER Community Clothing Drive

**PROFESSIONAL FITNESS EXPERIENCE:**

**1997 - 1999**

**Owner, Curves for Women, Columbus, MS.**

**Women's only Weight Loss and Fitness Center.**

Clientele ranged from age 12 to 81.

Duties Included:

Coordination of club testing procedures,  
 advertising, staffing center, employee training, and  
 daily/monthly financial projections.

**1997 - 1999**

**Owner, Curves for Women, Oxford, MS.**

**Women's only Weight Loss and Fitness Center.**

Clientele ranged from age 15 to 66.

Duties Included:

Coordination of club testing procedures, advertising, staffing center, employee training, and daily/monthly financial projections.

**1996 - 1998**

**Owner, Curves for Women, Greenville, MS.**

**Women's only Weight Loss and Fitness Center.**

Clientele ranged from age 12 to 87.

**1990 - 1992**

**Manager, General Nutrition Center, Starkville, MS.**

Duties Included:

Monitoring day to day operations, ordering store supplies, and employee scheduling.

**PERSONAL TRAINING EXPERIENCE:**

**1994 - 1998**

**Fitness Trainer, Flex-1 Fitness Center, Oxford, MS.**

Duties Included:

Provided consultation, training and fitness evaluations for clientele ranged from age 19 to 50.

**1996 - 1997**

**Fitness Trainer, UM Basketball Cheerleaders**

**The University of Mississippi, Oxford, MS.**

Duties Included:

Provided consultation, fitness evaluations, and team training.

**1989 - 1992**

**Fitness Trainer, Anatomies Fitness Center, Starkville, MS.**

Duties Included:

Provided Consultation, training and fitness evaluations for club members.

**ACADEMIC HONORS and AWARDS:**

**2013** Certificate of Appreciation: The Council on Minority Affairs

**2013** Service Acknowledgement: MSU Office of the Provost and Executive Vice President

The Marquis Who's Who Publication Board

**2009 - 2011** Who's Who in Education

**2005 - 2008** Who's Who in the World

**2005** Who's Who in America

**2004** Who's Who in America

The Alliance for Graduate Education in Mississippi

**2003** Award for Academic Excellence and Achievement

National Academic Honors:

**1997** All American Scholar (United States Achievement)

**1993** Minority National Academic Achievement Award

**1993** All American Scholar (United States Achievement)

University Academic Honors:

**1991** Minority Association Academic Award Mississippi State

**1990** Minority Association Academic Award Mississippi State

**1989** Minority Association Academic Award Mississippi State

Recognition:

President's List - three terms

Dean's List - two terms

**Personal Noteworthy Athletic Accomplishments:**

NPC National Collegiate Bodybuilding Champion

NPC Southern Regional Bodybuilding Champion

Mississippi Bodybuilding State Champion

WNPf World Men's (4 times) Powerlifting Champion

WNPf World Men's Junior (2 times) Powerlifting Champion

WNPf World Collegiate (2 times) Powerlifting Champion

WNPf World Teenage Powerlifting Champion

ADFPA Collegiate Powerlifting Champion

ADFPA National Teenage Powerlifting Champion

Mississippi Powerlifting State Champion