

Chris B. Carver, *PhD, M.S.*
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EDUCATION

Liberty University, Lynchburg, VA

PhD in Exercise Science: Human Performance (*3.33 GPA*)
Graduation Date: May 15, 2030

Liberty University, Lynchburg, VA

Master's Degree in Exercise Science: Human Performance (*3.46 GPA*)
Graduation Date: May 15, 2017

Georgia Southwestern State University, Americus, GA

Bachelor's of Science in Exercise Science and Wellness (*3.07 GPA*)
Graduation Date: May 10, 2014

Darton State College, Albany, GA

Associate's in Science in Exercise Science (*3.2 GPA*)
Graduation Date: May 05, 2012

Oklahoma Baptist University, *Visiting Associate Professor* (August 2026 - Present)

Crunch Fitness, *Personal Training Manager* (December 2025- August 2026)

VASA Fitness, *General Manager* (June 2023- December 2025)

D1 Training Tallahassee, *General Manager* (January 2022- June 2023)

NBS Fitness, *CSM, Trainer, Nutrition Coach* (June, 2021-January 2022)

Irontribe Fitness, *Head Coach/ General Manager*, (August, 2017- June, 2021)

Liberty University

- *Human Performance Graduate Assistant*, (August, 2015- May, 2016)
- *Human Performance Graduate Assistant*, (August, 2016- May, 2017)
- *Olympic Sports Strength and Conditioning Internship*, (January, 2017-May, 2017)

Valdosta State University

- *Strength and Conditioning Internship*, (January, 2014-March, 2014)

World Camp Crossfit

- *Strength Coach*, (February, 2013-January, 2014)
- *Strength Coach Practicum*, (March, 2013-May 2013)

General Nutrition Center (GNC)

- *Sales Associate*, (May, 2009-December, 2012)
- *Manager*, (May, 2014-January, 2015)

RESEARCH EXPERIENCE AND PRESENTATIONS

- **Christopher B. Carver**, Andy M. Bosak, Austin P. Smith, Jonathan M. Houck, Matthew L. Sokoloski, and Jared R. Feister (2016). *An analysis of governed vs different focal points on vertical jump performance in males*. Presentation (Accepted) at Mid-Atlantic American College of Sports Medicine Regional Conference (Harrisburg, PA: November, 2016)
- Jonathan M. Houck, Andy M. Bosak, **Christopher B. Carver**, Austin P. Smith, Matthew L. Sokoloski. (2016). *Assessing the relationship between body composition and 50-km running performance*. Presentation (Accepted) at Mid-Atlantic American College of Sports Medicine Regional Conference (Harrisburg, PA: November, 2016)
- R. Sanders, A. Bosak, **C. Carver**, A. Smith, J. Houck, M. Sokoloski, J. Feister. (2016). *The effect of sport specific, governed, and non-controlled focal point on female vertical jump performance*. Presentation (Accepted) at Mid-Atlantic American College of Sports Medicine Regional Conference (Harrisburg, PA: November, 2016)
- Austin P. Smith, Andy M. Bosak, **Christopher B. Carver**, Matthew L. Sokoloski, Jonathan M. Houck, Jared R. Feister, Robert T. Sanders. (2016). *Assessing the Relationship Between Vertical Jump Performance and FMS in Young Adult Males*. Presentation (Accepted) at Mid-Atlantic American College of Sports Medicine Regional Conference (Harrisburg, PA: November, 2016)
- Andy M. Bosak, Austin P. Smith, **Christopher B. Carver**, Jonathan M. Houck, Matthew L. Sokoloski, Jared R. Feister, and Robert T. Sanders. (2016). *The impact of a 30 vs. 60 second passive recovery period on vertical jump performance*. Presentation (Accepted) at Mid-Atlantic American College of Sports Medicine Regional Conference (Harrisburg, PA: November, 2016)
- J. Schoffstall, FACSM, **C. Carver**, J. Houck, A. Bosak, and C. Page. *Effects of an eight-week Swingfit® training program on balance, muscular strength, and*

muscular endurance. Presentation (Submitted) at the American College of Sports Medicine National Conference (Denver, CO: June, 2017)

PROFESSIONAL DEVELOPMENT

- Attended Juniata Strength and Conditioning Clinic, Huntingdon, PA (June 26-27, 2015)
- Attended National Strength and Conditioning (NSCA) CSCS Prep Clinic Live (Farmville, VA; February 27-28, 2016)
- Member of the National Strength and Conditioning Association (2016-current)
- Member of the USA Weightlifting (2016-current)
- Attended Mid-Atlantic Regional American College of Sports Medicine (MARC-ACSM) Conference (Harrisburg, PA; November 2016)
- Attended Southeast American College of Sports Medicine (SEACSM) Conference (Greenville, SC; February 2017)
- Attended National Strength and Conditioning Association (NSCA) Coaches Conference (Nashville, TN; January 2017)

CERTIFICATIONS

- Level-1 Crossfit Coach (February, 2013-November, 2022)
- CPR and First Aid (2016-present)
- TRX certified (June 2015)
- Precision Nutrition (June 2019)

SKILLS

- Rapport Development 10+ years
- Google Drive 10+ years
- Customer Service 10+ years
- Microsoft Office (Word, Excel, PowerPoint, Outlook) 10+ years
- Organization Skills 5+ years
- Time Management 5+ years
- Employee Management 10 years
- Objection Handling 8+ years
- Sales 10+ years
- Action Oriented 10+ years
- Polar HR Monitor 3+ years

SCHOLARSHIPS, GRANTS, AND FUNDS SOLICITED

- *Graduate Assistantship*, Department of Health Professions
- (10,800.00, 2015-2016; 10,800.00, 2016-2017)
- *Dean's List* (Spring, 2014)

UNIVERSITY SERVICE

- Pi Kappa Phi Fraternity Gamma Xi Chapter (2010)
- Alpha Pi Leader Society (2014)

VOLUNTEER EXPERIENCE

- Big Brothers and Big Sisters of America (October, 2006)
- Cooler in Pooler 5K /15K Health Fair (January, 2015)