

Education

Doctor of Arts (Physical Education - Exercise Science concentration), Middle Tennessee State University. Dissertation: *A Review of the Professional Preparation for Undergraduate Students in Corporate/Industrial and Hospital/Medical Wellness and Fitness Programs*

Doctor of Nursing Practice, The University of Alabama. Project: *The Implementation of Physical Activity as a Vital Sign in a Single Indigent Care Clinic*

Master of Science (Nursing), Valdosta State University. MSN Project: Carter, B.L. & Seal, M. *Independent Practice for Nurse Practitioners in Georgia: A Call to Action.*

Master of Science (Exercise Science), University of Southern Mississippi.

Bachelor of Science (Nursing), Valdosta State University

Bachelor of Science (Wellness & Fitness), David Lipscomb University
Minor - Psychology and Distributive Science

License & Certifications

Certified Adult & Gerontology Nurse Practitioner, American Association of Nurse Practitioners

Licensed Adult-Gerontology Nurse Practitioner, Georgia Board of Nursing

Licensed Registered Nurse, Georgia Board of Nursing

Licensed Registered Nurse, Alabama Board of Nursing

Certified Registered Nurse Practitioner, Alabama Board of Nursing

Certified Clinical Exercise Physiologist, American College of Sports Medicine

Exercise is Medicine Level 3 Certification, American College of Sports Medicine

Registered Clinical Exercise Physiologist, American College of Sports Medicine

Basic Life Support for Healthcare Providers (BLS)

Advanced Cardiac Life Support Provider (ACLS)

Administrative Positions

Dean – College of Health and Human Services, Troy University, Troy Alabama. August 1, 20023 – Present.

Associate Dean - School of Health Sciences, College of Nursing and Health Sciences, Valdosta State University, July 1, 2015 – June 30, 2019; June 1, 2020 – July 31, 2023.

Interim Dean - College of Nursing and Health Sciences, Valdosta State University, July 1, 2019 – May 31, 2020.

Coordinator, Adult Gerontology Nurse Practitioner Program, School of Nursing, College of Nursing and Health Sciences, Valdosta State University, January 1, 2020 – July 31, 2021.

Founder & Executive Director, Center for Exercise Medicine and Rehabilitation, College of Nursing and Health Sciences, Valdosta State University, January 2016 – July 2023.

Assistant Dean - School of Health Sciences, College of Nursing and Health Sciences, Valdosta State University July 1, 2013 - June 30, 2015.

Coordinator, Exercise Physiology Program, School of Health Sciences, College of Nursing and Health Sciences, Valdosta State University, 2013 – 2015.

Coordinator, Exercise Physiology Program, Department of Kinesiology and Physical Education, Dewar College of Education, Valdosta State University, 2000 – 2013.

Coordinator, Outpatient Cardiopulmonary Rehabilitation, John D. Archbold Memorial Hospital, Thomasville, GA, 1993-1997.

Peer-Review Journal Publications (recent)

Pojednic, R., O'Neill, D., Bartlett, A., **Carter, B.L.**, & Kennedy, M. (2024). Exercise professional education, qualifications, and certifications: A content analysis of job postings in the United States. *Frontiers in Sports and Active Living, Volume 6*, [doi:0.3389/fspor.2024.1338658](https://doi.org/10.3389/fspor.2024.1338658)

Carter, L., & Ford, C. D. (May, 2023). Promoting physical activity in clinical practice through wearable technology. *Journal of the American Association of Nurse Practitioners*, May 29, 2023 Advance online publication 10.1097/JXX.0000000000000892

Kasper, M.J., **Carter, B.L.**, and Eahart, B. (2022). Measurement and Interpretation of Blood Pressure for the Exercise Professional. *ACSM's Health & Fitness Journal*, 26(2), 36-43.

Peer-Review National Podium Presentations (2015-2023)

Carter, B.L. "The Implementation of Physical Activity as a Vital Sign in a Single Indigent Care Clinic, World Congress on Exercise is Medicine at the American College of Sports Medicine Annual Meeting, June 1, 2023. Colloquium/Podium presentation.

Carter, B. L. "Exercise is Medicine: Implications for Clinical Practice," American Association of Nurse Practitioners National Meeting, Indianapolis, IN. (June 21, 2019).

Carter, B. L. and Kasper, M. J., "If Exercise is Medicine, Should Exercise Physiologists Be Recognized as Healthcare Professionals?" American College of Sports Medicine Annual Meeting, Orlando, FL. (May 30, 2019).

Carter, B. L. "The Lived Experience of NPs to Educate Pregnant & Postpartum Women on Wellness, Fitness & Exercise," American College of Sports Medicine Annual Meeting, Orlando, FL. (May 28, 2019).

Carter, B. L. and Fretti, S., "Exercise is Medicine: The Role of Non-Physician Providers," American College of Sports Medicine Annual Meeting, Minneapolis, MN. (May 29, 2018).

Carter, L. "Exercise is Medicine: The Role of the Nurse Practitioner," American Association of Nurse Practitioners Annual Meeting, New Orleans, Louisiana. (June 2015).

Professional Memberships

American Association of Nurse Practitioners
American College of Sports Medicine.
Clinical Exercise Physiology Association
Southeast American College of Sports Medicine