

Professor Christopher Ring

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Christopher Ring (PhD Psychology, 1993, State University of New York at Stony Brook, USA) is Professor of Psychology at University of Birmingham, UK, with 200+ journal articles, a Google Scholar h-index of 75, and 15,000+ citations, with many papers on cognitive and exercise performance. To address the problem of mental fatigue impairing performance, he pioneered Brain Endurance Training (BET) protocols and demonstrated BET's effectiveness as a performance enhancer. He helped Mr Grant Hayes, CEO Soma Technologies, to develop the SOMA-NPT app and SOMA-Analytics software for implementing cognitive testing/training, such as BET (<https://soma-npt.ch/>).

He has extensive experience training highly qualified personnel, including junior staff and postdoctoral researchers, and is an excellent mentor who provides outstanding environments for young academics to realize their potential. He has mentored 10+ post-doctoral researchers and supervised 30+ PhD students to completion; most have gone on to successful academic careers. He possesses a global network of academic collaborators and industry contacts.

He has contributed to the global reputation of his school as a centre of research excellence, scoring highly both nationally (3.63 at REF2021) and globally (6th QS World University Rankings, 2023). He has ongoing collaborations concerning BET interventions with academics in the UK and abroad, underscoring the global reach of his research. He is regularly invited to give talks, media interviews, review grants, review journal submissions, and examine doctoral dissertations nationally and internationally. Since the COVID-19 lockdown in 2020, he has worked closely with Mr Grant Hayes to foster BET studies and develop and promote the SOMA-NPT app as a research and training tool (<https://soma-npt.ch/>). He regularly undertakes public engagement and outreach activities, including workshops, talks, interviews, websites, and social media postings to highlight the role of fatigue on performance and the benefits of BET as a countermeasure against mental fatigue.

His recent publications on mental fatigue and BET are listed below:

Díaz-García, J., García-Calvo, T., & Ring, C. (2025). Brain endurance training improves sedentary older adults' cognitive and physical performance when fresh and fatigued. *Psychology of Sport & Exercise*, 76, 102757.

- Staiano, W., Díaz-García, J., García-Calvo, T., & Ring, C. (2025). Brain endurance training improves soccer-specific technical skills and cognitive performance in fatigued professional soccer players. *Journal of Science & Medicine in Sport*, 28.
- Dallaway, N., Mortimer, H., Gore, A., & Ring, C. (2024). Brain endurance training improves dynamic calisthenic exercise and benefits novel exercise and cognitive performance: Evidence of performance enhancement and near transfer of training. *Journal of Strength & Conditioning Research*, 78, 1704-1718.
- Mortimer, H., Dallaway, N., & Ring, C. (2024). Effects of isolated and combined mental and physical fatigue on skill and endurance exercise performance. *Psychology of Sport and Exercise*, 75, 102720.
- Díaz-García, J., López-Gajardo, M.A., Parraca, J.A., Batalha, N., & Ring, C. (2024). Brain endurance training improves and maintains chest press and jump squat performance when fatigued. *Journal of Strength & Conditioning Research*, 38, 1568-1575.
- Staiano, W., Ferri-Carwana, A., Raimon, L., Boneti, S., Romagnoli, M., & Ring, C. (2024). Mental fatigue impairs repeated sprint and jump performance in team sport athletes. *Journal of Science & Medicine in Sport*, 27, 105-112.
- Díaz-García, J., Ring, C., Manzano-Rodríguez, D., & García-Calvo, T. (2024). Mental fatigue and padel: State-of-the-art and beyond. *Padel Scientific Journal*, 2, 107-117.
- Díaz-García, J., García-Calvo, T., Manzano-Rodríguez, D., López-Gajardo, M.A., Parraca, J.A., & Ring, C. (2023). Brain endurance training improves shot speed and accuracy in grassroots padel players. *Journal of Science & Medicine in Sport*, 26, 386-393.
- Staiano, W., Marcora, S., Romagnoli, M., Kirk, U., & Ring, C. (2023). Brain endurance training improves endurance and cognitive performance in road cyclists. *Journal of Science & Medicine in Sport*, 26, 375-385.
- Dallaway, N., Lucas, S.J.E., Marks, J., & Ring, C. (2023). Prior brain endurance training improves endurance exercise performance. *European Journal of Sports Science*, 23, 1269-1278.
- Dallaway, N., Lucas, S.J.E., & Ring, C. (2023). Effects of Stroop task duration on subsequent cognitive and physical performance. *Psychology of Sport & Exercise*, 68, 102459.
- Staiano, W., Raimon, L., Boneti, S., Romagnoli, M., & Ring, C. (2023). Mental fatigue: The cost of cognitive loading on weightlifting, resistance training and cycling performance. *International Journal of Sports Physiology & Performance*, 18, 465-473.
- Staiano, W., Merlini, M., Romagnoli, M., Kirk, U., Ring, C., & Marcora, S. (2022). Brain Endurance Training improves physical, cognitive and multi-tasking performance in professional football players. *International Journal of Sports Physiology & Performance*, 17, 1732-1740.
- Dallaway, N., Lucas, S.J.E., & Ring, C. (2022). Cognitive tasks elicit mental fatigue and impair subsequent physical task endurance: Effects of task duration and type. *Psychophysiology*, 59, e14126.
- Dallaway, N., Leo, S., & Ring, C. (2022). How am I doing? Performance feedback mitigates the effects of mental fatigue on endurance exercise performance. *Psychology of Sport & Exercise*, 62, 102210.
- Dallaway, N., Lucas, S.J.E., & Ring, C. (2021). Concurrent brain endurance training improves endurance exercise performance. *Journal of Science & Medicine in Sport*, 24, 401-411.