



**Master of Science (Kinesiology and Health Studies)
Thesis Proposal Presentation**

Benjamin R. Tilson

*“Creatine Monohydrate Supplementation During Repeated
Heat Exposure: Effects on Fluid Balance and Exercise
Performance: A Randomized, Double-Blind, Placebo-Controlled
Trial”*

**Tuesday, October 20, 2026
10:00 a.m.
HK Room 125**

Thesis Committee: Dr. Andrew Perrotta, *Advisor*
Dr. Matthew Krause, *Internal Reader*
Dr. Kevin Milne, *Internal Reader*