

Matthew Yeomans
Email: yeomansm@uscupstate.edu
Cell: 910 990-1731
School: University of South Carolina Upstate

Current Address

800 University Way
University of South Carolina Upstate
Spartanburg, SC 29303

Education

Completed **Doctor of Philosophy in Kinesiology** (concentration in motor behavior, minor in exercise physiology), G.P.A. 4.055. Graduated August 2020. Louisiana State University Baton Rouge, LA.

Completed **Master's Degree in Kinesiology** (concentration in motor behavior), G.P.A. 3.88. Graduated December 2017. Louisiana State University Baton Rouge, LA.

Completed **Bachelor's Degree in Exercise Physiology**, G.P.A 3.71. Graduated August 2014. East Carolina University Greenville, NC.

Certificates

Advanced Engineering Systems in Motion: Dynamics of Three-Dimensional (3D) Motion. Completed May 2022. Georgia Institute of Technology.

Professional Experience

Assistant Professor. University of South Carolina Upstate – Exercise Science, August 2023-Present.

- Teaching undergraduate/graduate level courses.
- Developing undergraduate/graduate level curriculum.
- Advising undergraduate students.
- Performing analyzes on division 1 athletes (i.e., baseball, golf, cross-country) to assess and track performance.
- Conducting research and participating in scholarly activity.

Assistant Professor. University of Tennessee at Martin - Health and Human Performance, August 2020-Present.

- Teaching undergraduate/graduate level courses.
- Developing undergraduate/graduate level curriculum.
- Advising undergraduate students.

- Conducting research and participating in scholarly activity.

Academic Services Graduate Assistant. Louisiana State University - Graduate School, May 2019-August 2020.

- Provide assistance/guidance to graduate level applicants regarding the application process at Louisiana State University.
- Provide assistance/guidance to current graduate level students regarding the process of scheduling requests (e.g., Final defense of dissertation request) and submitting documents to be approved by the graduate school (e.g., Final dissertation document).

Teaching Assistant. Louisiana State University - School of Kinesiology, August 2015-May 2019.

- Taught undergraduate level courses (see courses taught below).
- Main responsibilities: provide information regarding various aspects of sport techniques/exercise physiology, and grade course assignments/exams.

Louisiana State University Student-Athlete Tutor. Louisiana State University Student-Athlete Tutoring Center (Athletic Department), June 2016-August 2018.

- Main responsibilities: help teach various kinesiology course information to student-athletes (including human anatomy and physiology, exercise physiology/prescription, neuromuscular motor control, biomechanics, motor development, and motor learning).

Publications

Published

Ximena G. Sanchez, Cecilia D. Salas, Patrick G. Saracino, **Matthew A. Yeomans** (2025) Battle Rope Compared to Rope Climbing Ergometer High Intensity Interval Training on Neuromuscular Control and Peak Force Production.

Cecilia D. Salas, **Matthew A. Yeomans**, Ximena G. Sanchez, Patrick G. Saracino (2025) Battle Rope Compared to Rope Climbing Ergometer High Intensity Interval Training on Body Composition and Physical Performance.

Toni L. Brem, Savannah J. Noll, **Matthew A. Yeomans**, Patrick G. Saracino (2025) The Physical Demands of NCAA Division I Women's Soccer Athletes by Match Outcome.

Savannah J. Noll, Toni L. Brem, **Matthew A. Yeomans**, Patrick G. Saracino (2025) Comparing Physical Demands of NCAA Division I Women's Soccer Athletes by Playing Position.

Yan, S., **Yeomans, M.A.** & Hondzinski, J.M. Vertical-horizontal illusionary effects with gaze restrictions do not change length estimations using the lower limb. Exp Brain Res (2022). <https://doi.org/10.1007/s00221-022-06504-6>

Yeomans MA, Phillips B, Dalecki M, Hondzinski JM. Eye movement influences on coupled and decoupled eye-hand coordination tasks. *Exp Brain Res*. 2021 Jun 11. doi: 10.1007/s00221-021-06138-0. Epub ahead of print. PMID: 34115166.

Yeomans M, Yan S, Hondzinski JM, Dalecki M. Eye-hand decoupling decreases visually guided reaching independently of posture but reduces sway while standing: Evidence for supra-postural control. *Neurosci Lett*. 2021 May 1;752:135833. doi: 10.1016/j.neulet.2021.135833. Epub 2021 Mar 18. PMID: 33746007.

Yeomans MA, Nelson AG, MacLellan MJ, Hondzinski JM. Visually-guided saccades attenuate postural sway under non-fatigued, fatigued, and stretched states. *Exp Brain Res*. 2018 Dec;236(12):3351-3361. doi: 10.1007/s00221-018-5384-2. Epub 2018 Sep 26. PMID: 30259110.

Submitted

Characteristics of standing postural sway without vision depend on the action and duration of stretched ankle muscles. *Gait & Posture* 2025

Acute Physiological Responses to Rope Climbing High Intensity Interval Training in Males and Females. *Journal of Science in Sport and Exercise* 2025

In Progress

Yeomans, M.A., Hondzinski, J.M. Greater visual attentional demands during saccadic eye movements do not improve postural sway.

Yeomans, M.A., Hondzinski, J.M. Saccadic effects in darkened versus lightened conditions.

Presentations

National

Yeomans, M.A., Steinberg, F., Spielmann, G., Hondzinski, J.M., Dalecki, M. (June 2021) Electrocortical activity and postural control during eye-hand coupling and decoupling tasks in aerobically fit versus sedentary individuals. Presentation at the North American Society for the Psychology of Sport and Physical Activity Annual Conference. Online [published in: *J Sport Exercise Psych*]. (Verbal/Video Presentation).

Yeomans, M.A., Yan, S., Hondzinski, J.M., Dalecki, M. (June 2020) Eye-Hand Coordination and Postural Control Vary According To Changes In Cognitive-Motor Load. Presentation at the North American Society for the Psychology of Sport and Physical Activity Annual Conference. Online [published in: *J Sport Exercise Psych*]. (Verbal/Video Presentation).

Yeomans, M.A., Phillips, B., Hondzinski, J.M., Dalecki, M. (June 2019) Fixations improved temporal movement characteristics during eye-hand coordination tasks.

Presentation at the North American Society for the Psychology of Sport and Physical Activity Annual Conference. Baltimore, MD [published in: J Sport Exercise Psych, 41(Suppl.), S53]. (Poster Presentation).

Yeomans, M.A., Michel, A.V., Moore, K., Diez, T., Johnson, J., Schipper, J., Yan, S., Hondzinski, J.M. (2018) Greater visual attentional demands during saccadic eye movements do not improve postural sway (Poster Presentation). SfN Society for Neuroscience Conference. *Also presented at Louisiana State University Motor Behavior Seminar (Verbal Presentation).

Yeomans, M.A., Nelson, A.G., MacLellan, M.J., Hondzinski J.M. (2018) Saccades attenuate body sway despite muscular fatigue negatively influencing proprioception. NASPSPA North American Society for Psychology of Sport and Physical Activity Conference (Verbal Presentation). *Also presented at Louisiana State University Motor Behavior Seminar (Verbal Presentation).

Regional

Ximena G. Sanchez, Cecilia D. Salas, Patrick G. Saracino, **Matthew A. Yeomans** (2025) Battle Rope Compared to Rope Climbing Ergometer High Intensity Interval Training on Neuromuscular Control and Peak Force Production. SC Upstate Research Symposium.

Cecilia D. Salas, **Matthew A. Yeomans,** Ximena G. Sanchez, Patrick G. Saracino (2025) Battle Rope Compared to Rope Climbing Ergometer High Intensity Interval Training on Body Composition and Physical Performance. SC Upstate Research Symposium.

Toni L. Brem, Savannah J. Noll, **Matthew A. Yeomans,** Patrick G. Saracino (2025) The Physical Demands of NCAA Division I Women's Soccer Athletes by Match Outcome. SC Upstate Research Symposium.

Savannah J. Noll, Toni L. Brem, **Matthew A. Yeomans,** Patrick G. Saracino (2025) Comparing Physical Demands of NCAA Division I Women's Soccer Athletes by Playing Position. SC Upstate Research Symposium.

Yeomans, M.A. (2022) Cognitive tasks influence on postural control in healthy and diseased populations. Tennessee Association of Health, Physical Education, Recreation, and Dance (Poster Presentation).

Yeomans, M.A., Phillips, B., Hondzinski, J.M., Dalecki, M. (2019) Eye Movements and Eye-Hand Coupling/Decoupling. Louisiana State University Motor Behavior Seminar (Verbal Presentation).

Yeomans, M.A., Nelson, A.G., MacLellan, M.J., Hondzinski J.M. (2018) Saccadic eye movements improve postural sway under fatigued states regardless of proprioceptive declines. Louisiana State University Lifespan Studies Conference (Poster Presentation).

Journal Reviewer

Motor Behavior Journal: 2020-Present

Grant Funding

Received

Campus Sustainability Grant (UT Martin) – 2021 (Max Amount: \$4837.00)

Research Graduate Assistant Grant (USC Upstate) – 2024-2025 (\$4,500.00 for Fall/Spring Semester)

ER(Up)T Grant (USC Upstate Undergraduate Summer Research Program) – 2025 (\$10,000 plus \$3,500 for equipment, and \$4,800.00 per student)

Applied (Did Not Receive)

Alliance of Women Philanthropists Grant (University of Tennessee) – 2023 (\$25,000)

ASPIRE Grant (University of South Carolina) – 2024 (\$15,000)

Longleaf Grant – 2025 (Approximately \$30,000.00)

Conference Funding

Health and Human Performance Travel Fund – UT Martin (2022)

CHSE Dean's GA Tiger Fund - Louisiana State University (Twice - 2018)

Graduate Student Association Travel Award - Louisiana State University (Twice - 2018)

School of Kinesiology Travel Fund - Louisiana State University (Thrice - 2018 & 2019)

National Memberships

SEACSM – 2025

North American Society for the Psychology of Sport and Physical Activity (NASPSPA)-
Current member (2018-2024)

Society for Neuroscience (SfN)-Previous member (2018)

Committee Service

Faculty Welfare Committee – USC Upstate 2024-Present

Accreditation Committee – COEHPH 2024-Present

DEI Committee – COEHPH 2023-Present

Healthy Hawks Committee: 2020-2023

Health and Human Performance Curriculum Committee: 2020-2023

Health and Human Performance Scholarship Committee: 2020-2023

Health and Human Performance Masters of Sport Coaching Curriculum Committee:
2020-2023

Health and Human Performance Special Request Committee: 2020-2023

University Publications Committee: 2021-2023

University Clubs

Exercise Science Club USC Upstate (faculty advisor): 2023-Present

S.H.A.P.E. Club UTM (Role: Student Club Sponsor): 2020-2023

Community Volunteer Experience

Sport Science Consultant (USC Upstate Athletics Department): 2024-Present

Special Olympics Polar Plunge Event: 2021

UT Martin Homecoming Event: 2021, 2022

Courses Taught

Instructor of record

LSU

KIN 1124-Tennis

KIN 1125-Golf

KIN 1146-Weight Lifting

KIN 2504 (Lab)-Principles of Conditioning

KIN 3504 (Lab)-Tests and Measurements in Kinesiology

KIN 3534 (Lab)-Scientific Basis of Exercise

UTM

EXSC 305- Applied Human Movement (Biomechanics)

EXSC 430-Exercise Physiology

HPER 435-Nutrition for Health, Fitness, and Sport

HPER 440-Evaluation in Human Performance

SCP 720-Applied Sport Performance

Upstate

EXSC 302- Biomechanics

EXSC 455/455L-Fitness Assessment & Prescription/Lab

Guest Lectures

KIN 4571: Neuro-Motor Control of Human Movement (Cerebral cortex lecture - summer 2016, thalamus/basal ganglia lecture - spring 2019, visual processing lecture - fall 2019).

KIN 7517: Advanced Topics in Motor Control (discussed how to set-up/use AMTI force plate and SMI eye-tracker - fall 2018).

Lab Experience

Louisiana State University, Motor Behavior and Cognition Lab, graduate student under Dr. Marc Dalecki, May 2018-2020.

Louisiana State University, Sensorimotor Control Lab, graduate student under Dr. Jan Hondzinski, August 2015-2020.

Louisiana State University, Biomechanics Lab, collected electromyography and/or force output data for two separate seminar courses (August 2015-KIN 7999, Spring 2018-KIN 7508).

East Carolina University, Biomechanics Lab, biomechanics lab intern under Dr. Paul DeVita (included tutoring responsibilities), May 2014-August 2014.

Mentoring Experience

Graduate Students Mentored – Data Collection/Analysis

2024-2025 – Kendale Utter

Undergraduate Students Mentored – Data Collection/Analysis

2024-2025 - Ximena Sanchez
2019 - Hailey Gros
2019 - Michelle O'Neal
2018-19 - Brandon Phillips
2018-19 - Emily Jones
2018 - Emily Cooper
2018 - Lucas Schexnayder
2018 - Amy Turner
2018 - Taylor Sigur
2018 - Megan Labbe
2018 - Essence Weeks
2017 - Monica Rose

Other Mentoring Experiences

Mentor at East Carolina University Mentor Program (for overweight/obese adolescents-2014).

Laboratory Skills

Experience using Microsoft Office: PowerPoint, Excel, Word.

MATLAB experience.

Experience using statistical software (SPSS, STATISTICA, STATA, R).

Qualisys, CODA, IMU, and marker-less motion capture experience.

SMI/Tobii eye-tracking experience.

AMTI force plate experience.

Experience using EMG electrodes.

Experience analyzing fMRI data.

Experience using EEG and analyzing EEG data.

Experience conducting research using cognitive-motor integration task.

Academic Honors

Recipient of the Louisiana State University Lilian Oleson Scholarship (Twice - 2018 & 2019).

Louisiana State University American Kinesiology Association Writing Award Recipient (2019), and nominated for American Kinesiology Association National Writing Award (2019).

Member of East Carolina University Honor Society (2010)