

Matthew F. Brisebois

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USC Upstate
College of Education, Human
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EDUCATION

- 2019 Doctor of Philosophy
 Texas Woman's University – Denton, TX
 Kinesiology - Emphases in Exercise Physiology and Nutrition
 Dissertation Title: "Acute Effects of Concurrent Exercise on Biomarkers of
 Angiogenesis and Cardioprotection in Sedentary Adults"
- 2014 Master of Science
 Texas Woman's University – Denton, TX
 Kinesiology – Emphasis in Exercise Physiology
 Thesis Title: "Caloric Expenditure During One Exercise Session Following
 ACSM and CrossFit Guidelines"
- 2011 Bachelor of Science
 University of North Texas – Denton, TX
 Kinesiology – Physical Education Teacher Certification
 Minor in Health Promotion
 Honors: Summa Cum Laude

TEACHING

Academic Employment

- 2019 – Present Assistant Professor of Exercise and Sport Science
 University of South Carolina Upstate – Spartanburg, South Carolina
 Department of Human Performance and Health

Undergraduate Courses Taught:

- EXSC U301 (Exercise Physiology)
- EXSC U301L (Exercise Physiology Lab)
- EXSC U401 (Current Topics in Exercise Physiology)
- EXSC U459 (Sport Nutrition)
- EXSC U499 (Research Seminar)

Graduate Courses Taught:

- EXSC U740 (Advanced Exercise Physiology)
- EXSC U760 (Lab Techniques in Exercise Science)
- EXSC U770 (Advanced Cardiorespiratory Physiology)
- EXSC U798 (Special Topics in Exercise Science)
- EXSC U810 (Research Project I)
- EXSC U811 (Research Project II)

Student Evaluations:

- Average scores of 3.5 – 4.0 / 4.0 per semester

Academic Advising

- 37-66 advisees per semester

Guest Lecture

- EDHL U221 (Lifelong Health and Wellness), Maximal Aerobic Fitness and Energy Expenditure

2015 – 2019

Graduate Teaching Assistant
Texas Woman's University – Denton, TX

Undergraduate Courses Taught:

- KINS 1683 (Strength Training and Functional Anatomy)
- KINS 3601 (Exercise Physiology Lab)
- KINS 4601 (Advanced Exercise Physiology Lab)
- KINS 4701 (Exercise Testing and Prescription Lab)
- KINS 4933 (Internship in Cardiac Rehab)
- KINS 4943 (Internship in Corporate Fitness)

Guest Lectures

- KINS 3623 (Foundations of Human Movement), Exercise Metabolism
- KINS 3623 (Foundations of Human Movement), Muscular Fitness Assessments
- KINS 4703 (Exercise Testing and Prescription), Pre-Exercise Evaluations
- KINS 3623 (Foundations of Human Movement), Field Tests of Physical Fitness

Professional Certifications

2014 – Present

Certified Strength and Conditioning Specialist (NSCA-CSCS)
National Strength and Conditioning Association (NSCA)

2007 – Present

CPR/AED
American Heart Association

2011 – 2016	Physical Education Teacher Certification (EC – 12) Texas Education Agency
2009 – 2019	CrossFit Level 1 Coaching Certification
2007 – 2009	Personal Trainer Certification Aerobics and Fitness Association of America (AFAA)

Assistance in Program Development

2021	Master of Science in Exercise Science
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Assistance in Course Development

2021	EXSC U291 (Functional Kinesiology II)
2021	EXSC U290 (Functional Kinesiology I)
2021	EXSC U700 (Research Methods in Exercise Science)
2021	EXSC U730 (Statistical Analysis in Health Applications)
2021	EXSC U740 (Advanced Exercise Physiology)
2021	EXSC U760 (Lab Techniques in Exercise Science)
2021	EXSC U765 (Neuromuscular and Endocrine Physiology)
2021	EXSC U770 (Advanced Cardiorespiratory Physiology)
2021	EXSC U810 (Research Project I)
2021	EXSC U811 (Research Project II)

Significant Course Revisions

2020	EXSC U301 (Exercise Physiology) <i>revised for online teaching</i>
2020	EXSC U301L (Exercise Physiology Lab) <i>revised for online teaching</i>
2020	EXSC U401 (Current Topics in Exercise Physiology) <i>revised for online teaching</i>
2020	EXSC U499 (Research Seminar) <i>revised for online teaching</i>
2020	EXSC U459 (Sport Nutrition) <i>revised for Service Learning and online teaching</i>

Teaching Awards

- 2024 Faculty/Staff Award for the Promotion and Integration of Information Literacy
- 2022 Service-Learning Teacher of the Year

Workshop, Training, and Seminar Attendance

- 2024 An Update on Caffeine and Performance, ACSM Webinar
- 2023 The Female Athlete – Energy and Nutrition Issues, ACSM Webinar
- 2023 Follow Your Gut, ACSM Webinar
- 2023 Nutrition for Mitochondrial Function, ACSM Webinar
- 2023 Teaching with Streaming Video, Clarivate Webinar
- 2022 The Role of Physical Activity in Type 2 Diabetes Management and Prevention
- 2021 Dairy Foods and Inflammation, ACSM Webinar
- 2021 Yuja Video Training
- 2021 Respondus Training
- 2021 Go the Distance, ACSM Webinar
- 2020 Promoting the Physical Activity Guidelines, ACSM Webinar
- 2020 Utility of DXA in Treating Athletes with Low Energy Availability/Eating Disorders, DXA Webinar
- 2020 Assessing Client Needs & Leveraging Hyperice Technology to Enhance Movement From Anywhere, HyperIce Webinar
- 2020 Flip-It Good: Maximizing Face Time with Students, Webinar
- 2020 Teaching Blended Two-Way Delivery, USC Upstate Workshop
- 2020 Remote and Online Communication Principles for Teaching and Learning Success, USC Upstate Workshop
- 2019 SARS introduction workshop, USC Upstate Workshop
- 2019 SARS searching for grant funding workshop, USC Upstate Workshop

- 2019 SARS proposal-writing workshop, USC Upstate Workshop
- 2019 Online Teaching Certification Course, USC Upstate Course

Mentorship

- 2024 Undergraduate student mentee presented at Upstate Research Symposium (H. Ebberhardt)
- 2024 Graduate student mentee presented poster at Southeast ACSM Conference (J. Chatman)
- 2021 Mentored multiple students on my survey project, Dietary Practices and Supplement Use Among CrossFit Participants (T. Morneault, J. Corpuz, & K. Fowler)

SCHOLARSHIP

Peer-Reviewed Publications

- Zumbro, E., Duplanty, A., Gordon, R., Guerin, G., **Brisebois, M.**, Sokoloski, M., Rigby, B. (2023). In vitro mitochondrial and myogenic gene expression is influenced by formoterol in human myotubes. *Bulletin of the National Research Centre*, 47, 148.
- Brisebois, M.**, Kramer, S., Kamla, J., Wu, C., Lindsay, K. (2022). Dietary practices and supplement use among CrossFit® participants. *Journal of the International Society of Sport Nutrition*, 19(1), 316-335. – **12 citations; 39% acceptance rate**
- Gordon, R.A., Zumbro, E.L., Castleberry, T.J., Sokoloski, M.L., **Brisebois, M.F.**, Irvine, C.J., Duplanty, A.A., & Ben-Ezra, V. (2022). Whey protein improves glycemia during an oral glucose tolerance test compared to vigorous-intensity aerobic exercise in young adult men. *BMC Sports Science, Medicine and Rehabilitation*, 14, 147. – **2 citations**
- Brisebois, M.**, Kamla, J., Goins, J., Wu, K. (2021). Strategies for implementing high-intensity functional training into high school physical education. *Journal of Physical Education, Recreation, and Dance*, 92(5), 35-52. – **6 citations; 30% acceptance rate**
- Brisebois, M.F.**, Biggerstaff, K.D., Nichols, D. (2021). Cardiorespiratory responses to acute bouts of high-intensity functional training and traditional exercise in physically active adults. *The Journal of Sports Medicine and Physical Fitness*. – **4 citations**
- Castleberry, T., Irvine, C., Gordon, R., **Brisebois, M.**, Deemer, S., Henderson, A., Sokoloski, M., Ben-Ezra, V. (2020). The dose effect of whey protein on glycemic control in adults with insulin resistance. *International Journal of Food Science and Biotechnology*, 5, 52-67. – **1 citation**

Castleberry, T., Irvine, C., Deemer, S. E., **Brisebois, M. F.**, Gordon, R., Oldham, M. D., ... & Ben-Ezra, V. (2019). Consecutive days of exercise decrease insulin response more than a single exercise session in healthy, inactive men. *European Journal of Applied Physiology*, 119, 1591-1598. – **4 citations**

Brisebois, M., Rigby, R., Nichols, D. (2018). Physiological and fitness adaptations following 8 weeks of high-intensity functional training in physically inactive adults. *Sports*, 6, doi: 10.3390/sports6040146 – **62 citations**

Manuscripts in Review

Brisebois, M., Gordon, R., Zumbro, E., Sokoloski, M., Duplanty, A., Rigby, B. (2021). Acute effects of concurrent exercise on circulating microRNAs -126 and -222. *In review at International Journal of Exercise Science*.

Professional Conference Oral Presentations

Brisebois, M. (2022). Dietary Practices and Supplement Use Among CrossFit Participants: Findings, Recommendations, and Future Research Directions. International Society of Sport Nutrition National Conference. Fort Lauderdale, FL.

Brisebois, M. (2022). Dietary Practices and Supplement Use Among CrossFit Participants. South Carolina Upstate Research Symposium. Spartanburg, SC.

Professional Conference Poster Presentations

Brisebois, M. (2024). Comparing fitness data of cadets in South Carolina to the general population: a pilot study, Upstate Research Symposium

Brisebois, M. (2022). Dietary Practices and Sources of Information Among CrossFit Participants, Southeast Chapter of the American College of Sports Medicine (SEACSM) Conference

Brisebois, M. (2019). Acute Effects of Concurrent Exercise on Biomarkers of Angiogenesis and Cardioprotection in Sedentary Adults: Preliminary Findings, Texas Chapter of the American College of Sports Medicine (TACSM) Conference

Brisebois, M. (2018). The Relationship of Physiological and Fitness Variables to Performance in CrossFit®-based Exercise: Preliminary Findings, Texas Chapter of the American College of Sports Medicine (TACSM) Conference

Brisebois, M. (2017). Physiological and Fitness Adaptations Following Eight Weeks of CrossFit® Exercise, Texas Chapter of the American College of Sports Medicine (TACSM) Conference

Brisebois, M. (2016). Aerobic Energy Expenditure Comparisons Between One Traditional and CrossFit-Based Exercise Session, Texas Chapter of the American College of Sports Medicine (TACSM) Conference

Conference Proceedings

- Chatman, J, Sung, Ming-Chih, and **Brisebois, M.** (2024) "Comparing fitness data of cadets in south carolina to the general population: a pilot study," *International Journal of Exercise Science: Conference Proceedings*, Vol. 16: Iss. 3, Article 74.
<https://digitalcommons.wku.edu/ijesab/vol16/iss3/74>
- Morneault, T, **Brisebois, M**, Kramer, S, Kamla, J, Wu, K, Corpuz, J, Fowler, K, and Lindsay, K (2022) "Dietary practices and sources of dietary information among crossfit® participants: preliminary findings," *International Journal of Exercise Science: Conference Proceedings*: Vol. 16: Iss. 1, Article 249.
Available at: <https://digitalcommons.wku.edu/ijesab/vol16/iss1/249>
- Kramer, S, **Brisebois, M**, Kamla, J, Wu, K, Morneault, T, Corpuz, J, Fowler, K, and Lindsay, K (2022) "Dietary and sport supplement use and sources of information among crossfit® participants: preliminary findings," *International Journal of Exercise Science: Conference Proceedings*: Vol. 16: Iss. 1, Article 250.
Available at: <https://digitalcommons.wku.edu/ijesab/vol16/iss1/250>
- Brisebois, M.**, Zumbro, E., Patton, B., Rowland, I., Gordon, R., Sokoloski, M., Guerin, G., Bernal, F., Duplanty, A. & Rigby, B. (2019) Acute effects of concurrent exercise on biomarkers of angiogenesis and cardioprotection in sedentary adults: preliminary findings. *International Journal of Exercise Science: Conference Proceedings*, 2(11).
- Oldham, M., **Brisebois, M.**, Castleberry, T., Gordon, R., Kayed, O., Rao, M., Simpson, A., Sokoloski, M., Zumbro, E., Ben-Ezra, V., & Biggerstaff, K. (2018). The effect of repeated 40 meter sprint trials on salivary cortisol in elite youth female soccer players. *International Journal of Exercise Science: Conference Proceedings*, 2(10).
- Irvine, C., Castleberry, T., Oldham, M., **Brisebois, M.**, Deemer, S., Gordon, R., Henderson, A., & Ben-Ezra, V. (2018). Dose effect of whey protein on gut hormone responses in pre-diabetics and type 2 diabetics. *International Journal of Exercise Science: Conference Proceedings*, 2(10).
- Castleberry, T., Irvine, C., Oldham, M., **Brisebois, M.**, Deemer, S., Gordon, R., Henderson, A., & Ben-Ezra, V. (2018). The dose effect of whey protein on insulin responses in pre-diabetics and type 2 diabetics. *International Journal of Exercise Science: Conference Proceedings*, 2(10).
- Gordon, R., Irvine, C., Oldham, M., **Brisebois, M.**, & Biggerstaff, K. (2018). Body weight support on anti-gravity treadmill induces less physiological strain while running. *International Journal of Exercise Science: Conference Proceedings*, 2(10).
- Brisebois, M.**, Sokoloski, M., Rigby, B., & Nichols, D. (2018). The relationship of physiological and fitness variables to performance in Crossfit®-based exercise: preliminary findings. *International Journal of Exercise Science: Conference Proceedings*, 2(10).

- Brisebois, M.,** Castleberry, T., Irvine, C., Deemer, S., & Rigby, B. (2017). Physiological and fitness adaptations following eight weeks of Crossfit® exercise. *International Journal of Exercise Science: Conference Proceedings*, 2(9).
- Crossland, B., Rigby, B., Irvine, C., **Brisebois, M.,** & Nichols, D. (2017). Training manipulations based on acute heart rate variability measures. *International Journal of Exercise Science: Conference Proceedings*, 2(9).
- Brisebois, M.,** Biggerstaff, K., & Nichols, D. (2016). Aerobic energy expenditure comparisons between one traditional and Crossfit-based exercise session. *International Journal of Exercise Science: Conference Proceedings*, 2(8).
- Abruzzese, K., Patterson, D., Irvine, C., **Brisebois, M.,** & Biggerstaff, K. (2016). Comparison of cardiorespiratory responses during body weight-supported treadmill and standard treadmill exercise. *International Journal of Exercise Science: Conference Proceedings*, 2(8).

Supervision of Student Research

- 2024 Sander, C., & Reeves, D. The Effects of In-Season and Out-of-Season Plyometric Programs on Countermovement Jump in Female Collegiate Volleyball Players
- 2024 Ebberhardt, H. Physiological Responses to Endless Rope Climbing
- 2024 Ebberhardt, H. The Effects of Endless Rope vs. Battle Rope on HIIT Performance.
- 2024 Chatman, J. The Effects of Creatine Monohydrate on ACFT Scores and Physical Readiness
- 2024 Landers, B., Escalante-Justo, J., & Myers, A. The Effects of a Male Collegiate Soccer Sprint Training Protocol on Sprint Velocity
- 2024 Chatman, J. Comparing Fitness Data of Cadets to the General Population
- 2023 Rip, J. The Relationship Between Vertical Jump and Hand Grip Strength in Professional Baseball Players

Conferences Attended

- 2024 South Carolina Upstate Research Symposium, Spartanburg, SC
- 2024 Southeast American College of Sports Medicine (SEACSM) Regional Conference, Greenville, SC
- 2023 Southeast American College of Sports Medicine (SEACSM) Regional Conference, Greenville, SC

- 2022 Southeast American College of Sports Medicine (SEACSM) Regional Conference, Greenville, SC
- 2022 South Carolina Upstate Research Symposium, Spartanburg, SC
- 2020 South Carolina Upstate Research Symposium, Spartanburg, SC
- 2019 National Strength and Conditioning Association (NSCA) Southeast Regional Conference
- 2019 American College of Sports Medicine Texas (TACSM) Regional Conference
- 2018 American College of Sports Medicine Texas (TACSM) Regional Conference
- 2017 American College of Sports Medicine Texas (TACSM) Regional Conference
- 2017 National Strength and Conditioning Association (NSCA) Texas State Clinic
- 2017 Dymatize Athlete Nutrition Conference
- 2016 National Strength and Conditioning Association (NSCA) Texas State Clinic
- 2016 American College of Sports Medicine Texas (TACSM) Regional Conference

Grant Applications

- Brisebois, M. (2024) USC Upstate Mini Grant, Comparing fitness data of cadets in South Carolina to the general population: a pilot study, \$75 (*Funded*)
- Wu, K. & Brisebois, M. (2022) USC Upstate ASPIRE II, Effects of High Intensity Functional Training on Cognitive Function, \$23,935.68 (Not Funded)
- Brisebois, M. (2021) USC Upstate Scholarly Start-Up Package, Dietary Practices and Supplement Use Among CrossFit Participants, \$5000 (Not Funded)
- Brisebois, M. (2019) Texas ACSM Student Research Development Award, Acute effects of concurrent exercise on biomarkers of angiogenesis and cardioprotection in sedentary adults, \$2000 (Not Funded)
- Brisebois, M. (2018) Texas Woman's University Experiential Learning Program, Acute effects of concurrent exercise on biomarkers of angiogenesis and cardioprotection in sedentary adults, \$1,500 (Not Funded)
- Brisebois, M. (2018) Texas Woman's University Student Research Grant, Acute effects of concurrent exercise on biomarkers of angiogenesis and cardioprotection in sedentary adults, \$500 (*Funded*)

Brisebois, M. (2017) National Strength and Conditioning Association, Acute effects of concurrent exercise on biomarkers of angiogenesis and cardioprotection in sedentary adults, \$7,479 (Not Funded)

Brisebois, M. (2016) National Strength and Conditioning Association, Physiological and fitness adaptations following eight weeks of Crossfit® exercise, \$3,000 (Not Funded)

SERVICE

University Service

2024 – Present	Peer Observation Teaching Fellow
2022 – Present	Academic Affairs Committee
2020 - 2023	Intercollegiate Athletics Committee
2020 - 2022	Student Services Committee Committee Chair from 2021-2022

Unit Service

2024 – Present	Exercise Science Club faculty advisor and Vice President
2022 – Present	Exercise Science Program Point Person <u>Notable Duties</u> • Designing and approving revisions to the program’s curriculum • Meeting with students about our programs • Review of applications for our Master in Exercise Science program • Development of promotional material • Promoting our programs at local conferences
2022 – Present	Exercise Science Program Assessment Coordinator <u>Notable Duties</u> • Gather data on courses to track progress • Development of surveys to collect program feedback • Development of continuous improvement plans • Writing reflections on annual progress
2022 – Present	Exercise Science Lab Coordinator <u>Notable Duties</u> • Training teaching assistants • Maintaining equipment and supplies • Developing lab rules and schedule • Tracking lab inventory

2019 – Present	College of Education, Human Performance, and Health Curriculum Committee <u>Notable Duties</u> • Critical review of documents over changes in curriculum before submission to the Academic Affairs Committee
2024	Applied for the NSCA Education Recognition Program (ERP)
2024	Coach for USC Upstate Student Bowl team (SEACSM Conference)
2023	Faculty mentor for junior faculty member (Dr. Saracino)
2023	Conducted an Exercise Science Advising workshop
2023	Search Committee – Two Exercise Science Tenure Track positions Committee Chair
2022	Faculty mentor for junior faculty member (Dr. Sung)
2022	Search Committee – Dean of the College of Education, Human Performance, and Health
2022	Search Committee – Community Health Tenure Track position
2022	Coach for USC Upstate Student Bowl team (SEACSM Conference)
2021	Ad Hoc Mission Statement Committee

Community Service

Spring 2024	Nutrition consulting for athletes from Byrnes High School
Fall 2023	Nutrition consulting for students and teachers at Byrnes High School
Fall 2023	Presentation on nutrition for FIGHT Club at Byrnes High School
Fall 2022	Nutrition consulting for athletes from Byrnes High School
Spring 2022	Nutrition consulting for athletes from Iron House Gym
Fall 2021	Nutrition consulting for athletes from Byrnes High School
Fall 2020	Nutrition consulting for athletes from Dorman High School
Fall 2017	CrossFit ‘Turkey Burpee’ charity event (volunteer)

Fall 2016	CrossFit ‘Turkey Burpee’ charity event (volunteer)
Fall 2015	CrossFit ‘Turkey Burpee’ charity event (volunteer)
Fall 2014	CrossFit ‘Turkey Burpee’ charity event (volunteer)
Fall 2014	CrossFit Gospel for Asia fundraising competition (organizer)
Fall 2013	CrossFit ‘Turkey Burpee’ charity event (volunteer)
Fall 2012	CrossFit ‘Turkey Burpee’ charity event (volunteer)
Fall 2011	CrossFit Champions of Hope fundraising competition (organizer)
Fall 2011	CrossFit ‘Turkey Burpee’ charity event (volunteer)
Fall 2010	CrossFit ‘Turkey Burpee’ charity event (volunteer)

Professional Service

2021 – Present	Director of Fitness (consulting position) Mixed Partners – Dallas, TX <u>Notable Duties:</u> • Development of a thesis on fitness • Development of a comprehensive exercise movement library • Selection of exercise equipment • Exercise program design • Development of logic for motion tracking • Writing exercise instructions and cues • Review of exercise animations
2024	Peer Reviewer, Journal of Performance Enhancement & Health
2024	Peer Reviewer, Journal of the International Society of Sports Nutrition
2024	Abstract Reviewer, Southeast ACSM Conference
2024	Scoring Judge, SEACSM Conference Student Bowl
2022	Scoring Judge, SEACSM Conference Student Bowl
2022	Poster Judge, SC Upstate Research Symposium
2020	Oral Presentation Judge, SC Upstate Research Symposium

Professional Memberships

2014 – Present	National Strength and Conditioning Association (NSCA)
2022 – Present	International Society of Sports Nutrition (ISSN)
2015 – 2019	American College of Sports Medicine (ACSM)
2015 – 2019	Texas Chapter of the American College of Sports Medicine (TACSM)

OTHER EXPERIENCE

Other Work Experience

2009 – 2019	CrossFit Coach CrossFit Flower Mound, Flower Mound, TX
2017 – 2019	Exam Reader Dallas, TX
2012 – 2015	Substitute Teacher Lewisville Independent School District, Lewisville, TX
2007 – 2009	Personal Trainer LA Fitness, Highland Village, TX
2007	Theatre Crew AMC Theatres, Grapevine, TX
2003-2007	Janitor First Choice Lenders, Highland Village, TX

Athletic Experience

2022	Iron House Liftmas Powerlifting Meet Men's 165 lb, 1st place Deadlift, 2nd place Bench Iron House, Spartanburg, SC
2022	CrossFit Crash Crescendo Intermediate Men's Division, 6th place 2022 Crossfit Crash, Spartanburg, SC
2015	Battle of the Box Team Division, 1 st place CrossFit Lewisville, Lewisville, TX

2014	CrossFit Europa Throwdown Team Division, 2 nd place Dallas, TX
2012	CrossFit Regionals South Central Region, 14 th place San Antonio, TX
2012	CrossFit Open South Central Region, 4 th place
2011	CrossFit Regionals South Central Region, 19 th place Houston, TX
2011	CrossFit Open South Central Region, 6 th place
2010	CrossFit Games Team Division, 21 st place Los Angeles, CA
2010	CrossFit Regionals South Central Region Team Division, 3 rd place Dallas, TX
2009	CrossFit All-Cities Open Men's Division, 1 st place Dallas, TX
2007	Alamo Showdown Teen Men's Division, 1 st place International Natural Bodybuilding and Fitness (INBF) San Antonio, TX
2003 – 2007	Wrestling Team Marcus High School Multiple top placements in competition

Ministerial Service

2024 – Present	Hospitality Team Ridgewood Church, Greer, SC
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2018 – 2019	Men's Leadership Team The Ridge Church, Carrollton, TX
2013 – 2015	Parking Team The Village Church, Flower Mound, TX
2012 – 2013	Men's Bible Study Leader The Village Church, Flower Mound, TX
2012	Mission Trip to Romania The Village Church, Flower Mound, TX
2009 – 2012	Middle School Bible Study Leader The Village Church, Flower Mound, TX
2008 – 2009	Welcome Team The Village Church, Flower Mound, TX