

Matthew F. Brisebois

Home Address:
862 Winding Springs Rd
Spartanburg, SC 29303
864 559-6419
Brisebom@uscupstate.edu

Work Address:
USC Upstate
College of Education, Human
Performance, and Health
800 University Way
Spartanburg, SC 29303
864 503-5866

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

- 2026 – Present Chair of the Department of Human Performance and Health
 University of South Carolina Upstate – Spartanburg, South Carolina
- 2025 – Present Associate Professor of Exercise and Sport Science
 University of South Carolina Upstate – Spartanburg, South Carolina
 Department of Human Performance and Health
- 2019 – 2025 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 (Nutrition for Exercise Science)
- EXSC U499 (Research Seminar)

Graduate Courses Taught:

- EXSC U720 (Epidemiology Research & Practice)
- EXSC U740 (Advanced Exercise Physiology)
- EXSC U760 (Lab Techniques in Exercise Science)
- EXSC U765 (Neuromuscular and Endocrine Physiology)
- EXSC U770 (Advanced Cardiorespiratory Physiology)
- EXSC U798 (Special Topics in Exercise Science)
- EXSC U810 (Research Project I)
- EXSC U811 (Research Project II)

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)

Program Development

2025-present	CASCE Accreditation for Exercise and Sport Science (<i>in progress</i>)
2024-present	NSCA ERP program recognition
2021	Master of Science in Exercise Science

Course Development

2026	EXSC U798 (Special Topics in Exercise Science) Topic: The Enhanced Games
2025	EXSC U750 (Sports Nutrition)
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

2025	EXSC U770 (Advanced Exercise Physiology) <i>revised for Quality Matters certifications</i>
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

2026	Reaching Greater Heights Award
2025	Nominated for COEHPH Teaching and Advising Award
2024	Faculty/Staff Award for the Promotion and Integration of Information Literacy
2022	Service-Learning Teacher of the Year

Workshop, Training, and Seminar Attendance

2026	Intermittent Sport: Testing and Training, ACSM Webinar
2026	Teaching for Authentic Student Learning in an AI Age, USC Upstate
2025	Effects of Aerobic & Resistance Training on Food Intake, ACSM Webinar
2025	Quality Matters (QM) Course Certification Cohort
2025	Academic Leadership Development Institute
2025	Live High, Train Low, ACSM Webinar
2025	Supporting Female Athletes: An Evidence-Based Toolkit to Optimize Their Health and Performance, ACSM Webinar
2024	Exercise and Obesity Medications, ACSM Webinar
2024	Physical Activity as a Pillar of Healthy Longevity

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

2026	SEACSM Student Bowl Coach
------	---------------------------

- 2025 Graduate student mentee presented poster at Southeast ACSM Conference (B. Landers)
- 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

- Oldham, M., Ben-Ezra, V., Biggerstaff, K., Mills, N., Deemer, S., Sokoloski, M., Irvine, C., Gordon, R., Guerin, G., Rao, M., **Brisebois, M.**, Rhodes, L. & Castleberry, T. (2025). Whey protein isolate reduces cortisol awakening response post-exercise. *Journal of Applied Sports Sciences*, 9, 49-62.
- Eberhardt, H. K., Willingham, B. D., **Brisebois, M. F.**, & Saracino, P. G. (2025). Low Energy Availability Prevalence, Dietary Habits, and Sleep in Female Army ROTC Cadets. *International Journal of Exercise Science*, 18(6), 1030.
- Eberhardt, H. K., **Brisebois, M. F.**, Yeomans, M. A., & Saracino, P. G. (2025). Acute Physiological Responses to Rope Climbing Ergometer High-Intensity Interval Training in Males and Females. *International Journal of Exercise Science*, 18(3), 1355-1366.
- Brisebois, M. F.**, Gordon, R. A., Zumbro, E. L., Sokoloski, M. L., Duplanty, A. A., Juma, S., & Rigby, B. R. (2024). Acute Effects of Serial and Integrated Concurrent Exercise on Circulating microRNAs-126 and-222 in Sedentary Adults. *International Journal of Exercise Science*, 17(2), 1444.
- 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**

Professional Conference Oral Presentations

Castleberry, T., **Brisebois, M.** (2025). Facilitating Exercise in Prosthesis and Orthosis Users: How Clinicians and Researchers Can Support Active Lifestyles. American Orthotics and Prosthetics Association National Conference, Orlando, FL.

Brisebois, M. (2025). The Future of AI in the Fitness Industry. The Power and Implications of the AI Revolution: The Emerging Role of Individuals, Organizations, & Society. USC Upstate Conference. Spartanburg, SC.

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 – As Presenter

Brisebois, M. (2025). Acute effects of serial and integrated concurrent exercise on circulating micrnas-126 and -222. American College of Sports Medicine International Conference, Atlanta, GA.

- 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

- Morgan, M., Davis, K., Morton, B., Gordon, J., Gregory, K., **Brisebois, M.**, & Saracino, P. (2026) Health Behaviors, Guideline Adherence, and Campus Recreation Facility Utilization in USC Upstate Students: A Baseline Assessment Supporting Exercise is Medicine on Campus. SC Upstate Research Symposium.
<https://scholarcommons.sc.edu/scurs/2026symposium/2026posters/36/>
- Morton, B., Davis, K., Morgan, M., Gregory, K., Gordon, J., **Brisebois, M.**, & Saracino, P. (2026) Health Behaviors, Guideline Adherence, and Campus Recreation Utilization Among USC Upstate Staff and Faculty: A Baseline Assessment Supporting Exercise is Medicine on Campus. SC Upstate Research Symposium.
<https://scholarcommons.sc.edu/scurs/2026symposium/2026posters/37/>
- Student received the Health Sciences Poster Presentation Award
- Brisebois, M. F.**, Gordon, R. A., Zumbro, E. L., Sokoloski, M. L., Duplanty, A. A., Juma, S., & Rigby, B. R. (2025). Acute Effects of Serial and Integrated Concurrent Exercise on Circulating microRNAs-126 and-222 in Sedentary Adults. *Southeast ACSM Conference (proceedings not published yet)*.
- Landers, B., Myers, A., Escalante-Justo, J., Sung, D., **Brisebois, M.** (2025). The Effects of a 6-Week Sprint Training Protocol on Sprint Performance in Division I Collegiate Male Soccer Players. *Southeast ACSM Conference (proceedings not published yet)*.

- Eberhardt, H., **Brisebois, M.**, Ormsbee, M., Saracino, P. (2025). A Sex Comparison of Physiological Responses to Rope Climbing High-Intensity Interval Training. *Southeast ACSM Conference (proceedings not published yet)*.
- Oldham, M., Ben-Ezra, V., Biggerstaff, K., Mills, N., **Brisebois, M.**, Castleberry, T., ... & Rhodes, L. (2024). Whey Protein Isolate Supplementation Effects on Cortisol Awakening Response, Profile of Mood States, and Heart Rate Variability. *Physiology*, 39(S1), 909.
- Eberhardt, H. K., **Brisebois, M. F.**, & Saracino, P. G. (2024). Low Energy Availability Prevalence, Sleep Quality, and Dietary Habits in Female ROTC Cadets. Proceedings of the Twenty-First International Society of Sports Nutrition (ISSN) Conference and Expo. *Journal of the International Society of Sports Nutrition*, 21(sup1), 2374669.
- Wu, C.T., Guerra, G., Kao, S.C., **Brisebois, M.F.**, Wang, C.H. (2024). Acute Effects of High-Intensity Functional Training on Inhibitory Control. Poster presented at the 2024 European College of Sport Science Annual Congress. Glasgow, Scotland. Abstract-ID: 934
- 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., Kaye, 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

- 2026 Southeast Conference of the American College of Sports Medicine, Greenville, SC
- 2025 American Orthotic and Prosthetic Association National Conference, Orlando, FL
- 2025 American College of Sports Medicine National Conference, Atlanta, GA
- 2025 Southeast Conference of the American College of Sports Medicine, Greenville, SC
- 2025 Bridge Virtual Performance Summit, Virtual
- 2025 The Power and Implications of the AI Revolution: The Emerging Role of Individuals, Organizations, & Society, Virtual
- 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. (2025). USC Upstate Teaching and Productive Scholarship (TAPS) grant. \$540 (*Funded*)

Brisebois, M. (2025). USC Upstate Teaching and Productive Scholarship (TAPS) grant. \$1201.00 (*Funded*)

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

2025-2026

Faculty Senate

2025-2026	Faculty Advisory Committee
2025-2026	Promotion and Tenure Committee
2025-present	AI Faculty Champions Subcommittee
2024 – Present	Peer Observation Teaching Fellow
2022 – 2025	Academic Affairs Committee
2020 - 2023	Intercollegiate Athletics Committee
2020 - 2022	Student Services Committee Committee Chair from 2021-2022

Unit Service

2026	Chair of the Department of Human Performance and Health
2026	Ad Hoc Assessment Management System Committee
2026	Search Committee – Visiting Assistant Professor of Exercise Science Chair
2025 – 2026	Search Committee – Assistant Professor of Sport Management
2025 – 2026	Exercise Science Program Coordinator
2024 – Present	Exercise Science Club faculty advisor
2022 – 2025	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

Notable Duties

- 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

Notable Duties

- 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

Summer 2026

USC Upstate “Murph Challenge” *workout fundraiser for Upstate Warrior Solution*

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

2026	Abstract Reviewer, SEACSM Conference
2026	Scoring Judge, SEACSM Conference Student Bowl
2025	Manuscript Reviewer, Journal of Human Nutrition and Dietetics
2025	Manuscript Reviewer, Journal of Dietary Supplements
2025	Abstract Reviewer, SEACSM Conference
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

2025	Poster Judge, SC Upstate Research Symposium
2025	Scoring Judge, SEACSM Conference Student Bowl
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 – 2025	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

2024 Iron House Liftmas Powerlifting Meet
Men's 165 lb, 2nd place Deadlift
Iron House, Spartanburg, SC

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, 1st place
CrossFit Lewisville, Lewisville, TX

2014 CrossFit Europa Throwdown
Team Division, 2nd place
Dallas, TX

2012 CrossFit Regionals
South Central Region, 14th place
San Antonio, TX

2012 CrossFit Open
South Central Region, 4th place

2011 CrossFit Regionals
South Central Region, 19th place
Houston, TX

2011 CrossFit Open
South Central Region, 6th place

2010 CrossFit Games

- Team Division, 21st place
Los Angeles, CA
- 2010 CrossFit Regionals
South Central Region
Team Division, 3rd place
Dallas, TX
- 2009 CrossFit All-Cities Open
Men's Division, 1st place
Dallas, TX
- 2007 Alamo Showdown
Teen Men's Division, 1st 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
- 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