

Matthew C. Scott, M.S., ACSM EP-C

Curriculum Vitae

Present Employer

College of Humanities and Sciences

Department of Kinesiology and Health Sciences

Virginia Commonwealth University

1020 West Grace Street

Richmond, VA 23284

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804-827-2384

Academic Education

M.S. James Madison University, 2015

College of Health and Behavioral Studies

Department of Kinesiology

Concentration: Clinical Exercise Physiology

B.S. Virginia Commonwealth University, 2013

College of Humanities and Sciences

Department of Kinesiology and Health Sciences

Concentration: Exercise Science

Professional Appointments

2015-present

Virginia Commonwealth University (Richmond, VA)

Term Instructor, Department of Kinesiology and Health Sciences

2013-2015 James Madison University (Harrisonburg, VA)
Graduate Teaching/Research Assistant
Department of Kinesiology

2014 Duke University (Durham, NC)
Research Assistant
The Center for Living

Professional Experience

Cardiac Rehabilitation
Medical Weight Loss
Personal Training
Group Exercise Training

Honors and Awards

Deans Scholarship (Fall 2012)
Professional and Academic Excellence (May 2013)
Commissioner's Academic Award (2011)
National Society of Collegiate Scholars Member (2010-present)

Certifications

American College of Sports Medicine (ACSM) Certified Exercise Physiologist (EP-C)
American Red Cross CPR/AED

Courses Taught

Virginia Commonwealth University

HPEX 441 Assessment of Exercise Intervention in Health and Disease
HPEX 380 Resistance Training for Health and Human Performance
HPEX 480 Professional Certification Seminar

James Madison University

GKIN 100 Lifetime Fitness and Wellness

Undergraduate Honors/Independent Study Mentoring ---

Virginia Commonwealth University

Honors Courses:

Assessment of Exercise Intervention in Health and Disease (Spring 2016)

Independent Studies:

Developing periodized training programs for soccer players (Spring 2016)

Research Experience ---

Manuscripts in Preparation

Scott, M., Todd, MK., Edwards, E., Hargens, T. The Association Between Sleep Quality, Physical Activity, and Risk of Developing Metabolic Syndrome

National Poster Presentations

Scott, M., Todd, MK., Edwards, E., Hargens, T. The Association Between Sleep Quality, Physical Activity, and Risk of Developing Metabolic Syndrome. *National American College of Sports Medicine, Boston, MA, May 2016.*

Other Research

EREDA: Effects of Ranolazine and Exercise on Daily Physical Activity.

Research Assistant

Duke Center for Living, Durham, North Carolina (Involvement: May 2014-August 2014)

Objective assessment of physical activity in obese adolescents with and without metabolic syndrome enrolled in a weight management program.

VCU Health and Human Performance Lab, Richmond, Virginia (Summer 2012 – Spring 2013)

Current Research

Vascular Responses to Sitting, Sedentary Time, Physical Activity, and Sleep Quality across age, gender, and aerobic capacity

The Effects of Health Education and Physical Activity on the Prevalence of Hypertension and Diabetes in the Jamaican Population

Service Experience

Virginia Commonwealth University

Faculty Advisor for Exercise Science Club at VCU, 2015-present

Faculty Advisor for Southeast ACSM Student Bowl, 2015-present

Management of Kinesiology Student Lab, 2015-present

Committee Member

College of Humanities and Sciences Faculty Council (VCU), 2016-present

Selection of Kinesiology and Health Sciences Student Awards (VCU), 2016-present

Study Abroad Mentoring

Alternative Spring Break for Community Health Promotion – Jamaica (Summer 2016)

Community Service

American Heart Association Heart Walk, Team Captain, Richmond VA, 2016-present

Richmond Road Runners, Frostbite 15k, Race Assistant, 2015-present

Anthem Marathon, VCU Exercise Science Water Stop, Team Captain, 2015

Sportsbackers Monument Avenue 10k, Post-race food Team Captain, 2016

Cosby High School Health Careers Promotion, Co-Presenter: Dr. Evans, Fall 2015

Adopt-A-Street, Team Leader, Exercise Science Club, Fall 2015-present

Preparation for the Kinesiology and Health Sciences Alumni Night, Fall 2015

Preparation for the Kinesiology and Health Sciences Career/Internship Fair, Spring 2016

Professional Memberships

American College of Sports Medicine