

Matthew Steven Renfrow, PhD, CSCS

804 W. 4th St. • Marion, IN • (765) 998-5183
mtrenfrow@taylor.edu

Education

- Ph.D. – Human Performance/Exercise Science
Middle Tennessee State University – August, 2009
- M.S. – Exercise Science and Health Promotion
Middle Tennessee State University – December, 2006
- B.S. – Exercise Science and Health Promotion, minor in Spanish
Belmont University – May, 2005

Professional Experience

- Assistant Professor, Exercise Science, Dept. of Health and Human Performance
Middle Tennessee State University, fall 2008 to summer 2010
Teaching 15 credit hours of undergraduate/graduate Exercise Science courses
- Site Director at the Discovery School at Reeves Rogers, 2007 to 2009
Developed and implemented resistance training program
- Fitness Coordinator for the MTSU Faculty/Staff Wellness Program
Middle Tennessee State University, 2006 to 2007
Developed and implement a wellness program for faculty and staff of the university
- Top-tier personal trainer at Takes2Fitness, Nashville, TN, 2004 to 2008
Developed and implemented training programs for various clientele

Teaching Experience

- Measurement in Exercise Science – EXSC6830
- Exercise Physiology – EXSC4830
- Exercise Physiology Lab – EXSC4831
- Exercise Leadership and Program Planning – EXSC3500
- Exercise Testing and Assessment – EXSC4240
- Research in Exercise Science – EXSC4000 (and PHP355)
- Applied Research in Exercise Science – EXSC4010
- Measurement and Evaluation – EXSC4810
- Internship in Exercise Science – EXSC4250
- Health and Wellness – HLTH1530
- Health and Wellness Lab – HLTH1531
- Beginning Soccer - PHED122
- Advanced Exercise Physiology – PHP482
- Physical Fitness Prescription – PHP453
- Practicum A – PHP393
- Fit for Life – PHP100
- Principles of Strength Training and Conditioning – PHP328

Matthew Steven Renfrow

Research Experience and Interests

- Reliability and validity of physical activity measurement tools
- Physical activity promotion
- VO₂ max training in children with cerebral palsy
- Morphological and physiological testing of children and adolescents
- Data collection for the TN Dept. of Health leading to generation of TN Healthy Living Index
- Strength and conditioning program improvement in college athletics

Publications and Presentations

- Barreira, T., Kang, M., Caputo, J., Farley, R., Bettle, J., & **Renfrow, M.** (2007, January). Validation of the RT3 monitor to estimate energy expenditure. Presented at the Southeast American College of Sports Medicine Annual Meeting, Charlotte, NC.
- Barreira, T., Kang, M., Caputo, J., Farley, R., Bettle, J., & **Renfrow, M.** (2007, June). Validation of the RT3 monitor to estimate energy expenditure. Presented at the American College of Sports Medicine Annual Meeting, New Orleans, LA. *Medicine and Science in Sports and Exercise Science*, 39(5, Suppl. 1), s181.
- Bettle, J. M., Kang, M., Caputo, J. L., Farley, R. S., **Renfrow, M. S.**, & Barreira, T. V. (2007, June). Evidence of convergent validity of the Actiheart monitor in a free-living setting. Presented at the American College of Sports Medicine Annual Meeting, New Orleans, LA. *Medicine and Science in Sports and Exercise Science*, 39(5, Suppl. 1), s177.
- Kang, M., Caputo, J. L., Farley, R. S., Barreira, T. V., Bettle, J., M., & **Renfrow, M.** (2007, June). Validation of the actiheart monitor during the laboratory setting. Presented at the American College of Sports Medicine Annual Meeting, New Orleans, LA. *Medicine and Science in Sports and Exercise Science*, 39(5, Suppl. 1), s180.
- Barreira, T., Kang, M., Caputo, J., Farley, R., Bettle, J., & **Renfrow, M.** (2009). Validation of the Actiheart monitor for the measurement of physical activity. *International Journal of Exercise Science*, 2(1), 60-71.
- Caputo, J. L., Dell Pruett, M. L., Eveland-Sayers, B. M., Farley, R. S., Fuller, D. K., & **Renfrow, M. S.** (2010, September). School-based resistance training in fifth- and sixth-grade children attending a high-achieving school. Presented at the Joint Meeting of the National American Society for Pediatric Exercise Medicine and the European Group for Pediatric Work Physiology, Ontario, Canada.
- Renfrow, M.**, Eveland-Sayers, B., Farley, R., Fuller, D., & Caputo, J. (2010, October). Resistance training, attitudes toward physical activity, and physical activity in children. Presented at the Midwest Regional Meeting of the American College of Sports Medicine.
- Renfrow, M.**, Eveland-Sayers, B., Farley, R., Fuller, D., & Caputo, J. (2010, June). Resistance training, attitudes toward physical activity, and physical activity in children. Presented at the National American College of Sports Medicine Conference, Baltimore, Maryland. *Medicine and Science in Sports and Exercise*, 42(5, Suppl. 1), s498-s499.

Hutchens, J.G., J.L. Caputo, J.M. Colson, R.S. Farley, **M.S. Renfrow**, Seguin, E.P. (2010). Evaluation of a pilot multidisciplinary community intervention for overweight and obese children. *International Journal of Exercise Science*, 3(3), 150-156.

Renfrow, M., Caputo, J., Otto, S., Farley, R., & Eveland, B. The relationship between sports participation and health-related physical fitness in middle school and high school students. *The Physical Educator*, 68(3), 118-123.

Renfrow, M., Eveland-Sayers, B., Farley, R., Fuller, D., and Caputo, J. Resistance training, attitudes toward physical activity, and physical activity in children. In Preparation.

Barreira, T., **Renfrow, M.**, Kang, M., & Tseh, W. The validity of 7-site skinfold measurements taken by exercise science students. Under Review with the *International Journal of Sports Medicine*.

Renfrow, M., Barreira, T., Kang, M., & Tseh, W. The validity of 7-site skinfold measurements taken by exercise science students. Accepted for presentation at the National American Association for Health Physical Education, Recreation, and Dance Annual Meeting.

Honors

- Outstanding Doctoral Graduate Teaching Assistant Award in Health and Human Performance recipient, Middle Tennessee State University, 2008
- 1st Place – Middle Tennessee State University – University Wide Scholar's Day
1st Prize, Poster Presentation Graduate Student Winner, College of Education and Behavioral Sciences
Middle Tennessee State University, 2008

Professional Involvement

- ACSM, NSCA, AAHPERD (AAPAR, Research Consortium) Member
- NSCA Certified Strength and Conditioning Specialist (2007-present)
- CPR/AED Certified
- ACSM-PCPFS State Demonstration Center Coordinator for Tennessee (2009-2010)
- Member of MTU's Institutional Review Board (2009-2010)
- Reviewer for the International Journal of Exercise Science (2008-present)
- Reviewer for the Research Quarterly in Exercise and Sport journal (2011-present)
- HHP Departmental Committee on Developing National and International attention (2009-2010)
- HHP Departmental Graduate Faculty Committee (2009-2010)
- Exercise physiology abstract reviewer for the 2011 National AAHPERD Conference
- Guest speaker on Youth Resistance Training for the TN chapter of the NSCA (2010)
- Guest speaker on physical activity and physical fitness for religious organizations (2010-present)
- Grant reviewer for AAHPERD (2011)

Matthew Steven Renfrow

Current Volunteer Roles

- Sunday school teacher and member at Faith Baptist Church, Marion, IN
- Member, Garfield Neighborhood Association, Marion, IN
- Assistant coach/goalkeeper coach for the Men's and Women's Soccer Teams of Taylor University
- Others