

Matthew Steven Renfrow, PhD

**Professor and Co-Chair  
Kinesiology Department  
Faculty Past Moderator  
Taylor University**

## **Education**

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

## **Professional Experience**

- 2022-present Faculty Governance Past Moderator
- 2021-2022 Faculty Governance Moderator
- 2012-2014, 2020-1 Faculty Governance Vice Moderator
- 2018-present Professor of Kinesiology, Taylor University
- 2017-present (Co-)Chair, Kinesiology Department, Taylor University
- 2014-2018 Associate Professor of Kinesiology, Taylor University
- 2010-2014 Assistant Professor of Physical Education and Human Performance, Taylor University
- 2008-2010 Assistant Professor of Exercise Science, MTSU
- 2007-2009 Fitness Director, Discovery School at Reeves Rogers, Murfreesboro, TN
- 2006-2007 Fitness Coordinator, MTSU Adult Fitness Program
- 2004-2008 Top-tier personal trainer at Takes2Fitness<sup>®</sup>, Nashville, TN

## **Teaching Experience**

*Taylor University*

- Internship – KIN492
- Lifespan Physiology – EXS482
- Advanced Exercise Physiology – EXS482
- Physical Fitness Prescription – EXS453
- Directed Research in Exercise Science – EXS450
- Practicum A – PHP393

Research Methods in Exercise Science – EXS355  
Principles of Strength Training and Conditioning – KIN328  
Exercise Techniques for Physical Fitness – EXS280  
Introduction to Exercise Testing – EXS274  
Faith and the Embodied Life – KIN270  
Foundations in Exercise Science – EXS111  
Fitness for Life – KIN100

*Middle Tennessee State University*

Measurement in Exercise Science – EXSC6830  
Exercise Physiology – EXSC4830  
Exercise Physiology Lab – EXSC4831  
Measurement and Evaluation – EXSC4810  
Internship in Exercise Science – EXSC4250  
Exercise Testing and Assessment – EXSC4240  
Applied Research in Exercise Science – EXSC4010  
Research in Exercise Science – EXSC4000  
Exercise Leadership and Program Planning – EXSC3500  
Health and Wellness – HLTH1530  
Health and Wellness Lab – HLTH1531  
Beginning Soccer - PHED1220

**Committee Service**

*Taylor University*

Strategic Planning Steering Committee (2021-2022)  
175<sup>th</sup> Anniversary, Strategic Planning Commission (present)  
Financial Aid Optimization Task Force (2021)  
Provost Search Committee (2021)  
Faculty Enrollment Team – Founder, Chair (2021-present)  
University Assembly (2020-present)  
Faculty Council, (2020-present), Chair (2021-2022)  
Foundational Core Committee (2018-20)  
Health Professions Advisor Search Committee (2017)  
Chair/Co-Chair, Kinesiology Department (2017-present)  
SNAS Dean Search Committee (2017-2018)  
Health Professions Committee (2017-present)  
Institutional Review Board (2011-2017)  
Colleagues' College Planning Committee (2016)  
Academic Quality Improvement Program Task Force, Valuing Employees Group (2014-2015)  
Bedi Center for Teaching and Learning Excellence Advisory Board (2012-2014)  
Task Force for External Funding, Office of Sponsored Programs (2012-2013)

Service Learning Committee (2011-2013)  
*Middle Tennessee State University*

Institutional Review Board (2009-2010)

Departmental Committee on Developing National and International Attention (2009-2010)

Departmental Graduate Faculty Committee (2009-2010)

### **Publications & Presentations**

Hunt, I. Culham, S., Massey, M., Dykstra, B., & **Renfrow M.** Clinical Pediatric Weight Management in Rural Indiana: A Pilot Study. *Childhood Obesity*. Manuscript in preparation.

Hunt, I. Culham, S., Dykstra, B., & **Renfrow M.** (2022, June). Undergraduate-Led Clinical Pediatric Weight Management in Rural Indiana: A Pilot Study. Presented at the National Christian Society Kinesiology, Leisure, & Sports Studies Annual Meeting, Waco, TX.

**Renfrow, M.**, Ducate, C., & Trudeau, G. Physical fitness and physical activity of male prisoners in a state prison. *Criminology*. Manuscript in preparation.

Hunt, I. Culham, S., Dykstra, B., & **Renfrow M.** (2021, June). Clinical pediatric weight management in rural Indiana: A case study. Presented at the National Christian Society Kinesiology, Leisure, & Sports Studies Annual Meeting, Nashville, TN.

**Renfrow, M.** (2021, June). The goodness of movement. Presented at the National Christian Society Kinesiology, Leisure, & Sports Studies Annual Meeting, Nashville, TN.

**Renfrow, M.** (2019, October). The goodness of movement. Presented at the 2<sup>nd</sup> Global Conference on Sport and Christianity.

Brummel, R., Biggar, P., Cline, S., & **Renfrow, M.** (2018, November). A progressive transition to barefoot running program increases running performance and economy. Presented at the Midwest Regional Meeting of the American College of Sports Medicine.

**Renfrow, M.** (2018, October) Fitness assessment and exercise prescription in youth with obesity. Invited presentation for Pediatric Obesity Weight Evaluation Registry (POWER) organization.

White, M. & **Renfrow, M.** (2018) A cross-training program does not alter self-reported physical activity levels in elementary school children. *International Journal of Exercise Science*. 11(5):308-315.

Pfeifer, D., Arvin, K., Haynes, N., Herschberger, C., & **Renfrow, M.** (2017) A low dose caffeine and carbohydrate supplement does not improve athletic performance during volleyball competition. *International Journal of Exercise Science*, 10(3): 340-353.

**Renfrow, M.** (2017, June) The Christian Liberal Arts: What are they and why are they important? Presented at the National Christian Society Kinesiology, Leisure, & Sports Studies Annual Meeting, Nashville, TN.

Trudeau, G. & **Renfrow, M.** (2017, June) Promising prison ministry - Fitness and physical activity. Presented at the National Christian Society Kinesiology, Leisure, & Sports Studies Annual Meeting, Nashville, TN.

Trudeau, G., Ivey, E., & **Renfrow, M.** (2016, November). Physical fitness in prison. Presented at the Midwest Regional Meeting of the American College of Sports Medicine.

Scott, R., Richards, A., Estes, R. & **Renfrow, M.** (2016, November). Changes in iron, hematocrit, and hemoglobin levels during a cross country season. Presented at the Midwest Regional Meeting of the American College of Sports Medicine.

**Renfrow, M.** (2016, October). A Christian perspective on food for weight-loss. Invited speaker for the Run for God Program at Richmond Road Baptist Church, Hamilton, OH.

**Renfrow, M.** (2016, June). Stretching the truth? Examining the evidence for the benefits of stretching. Presented at the National Christian Society Kinesiological and Leisure Studies Annual Meeting, Santa Barbara, CA.

Close, J., Daniels, T., & **Renfrow, M.** (2014, November). Leadership perceptions and preferences of collegiate athletes and coaches. Presented at the Midwest Regional Meeting of the American College of Sports Medicine.

Pfeifer, D., Haynes, N., & **Renfrow, M.** (2014, November). Supplementation and athletic performance in collegiate women's volleyball players during competition. Presented at the Midwest Regional Meeting of the American College of Sports Medicine.

**Renfrow, M.** (June, 2014). Integrating undergraduate research into Christian liberal arts higher education. Presented at the National Christian Society Kinesiological and Leisure Studies Annual Meeting, Mechanicsburg, PA.

Snyder, S., Norris, J., Haynes, N., Bedinghaus, K., Sjahfiedin, C., **Renfrow, M.**, Pratt, B., Moore, A., Clark, L., & Fitzjarrald, K. (2013, November). A comparison of direct and indirect motivational coaching on holistic health development. Presented at the Midwest Regional Meeting of the American College of Sports Medicine.

Haynes, N., Bedinghaus, K., Clark, L., Fitzjarrald, K., Moore, A., Norris, J., Pratt, B., **Renfrow, M.**, & Snyder, S. (2013, November). The effects of motivational coaching for walking on holistic health development. Presented at the Midwest Regional Meeting of the American College of Sports Medicine.

Barreira, T., **Renfrow, M.**, Kang, M., & Tseh, W. (2013). The validity of 7-site skinfold measurements taken by exercise science students. *International Journal of Exercise Science*, 6(1), 20-28.

Bennett, E., Gillespie, R., Lauffer, K., Edwards, K., Pratt, B., & **Renfrow, M.** (2012, October). Effects of a high-intensity interval training intervention on children's cardiorespiratory endurance and CVD risk. Presented at the Midwest Regional Meeting of the American College of Sports Medicine.

Thill, L., Schlosser, R., Bolinger, K., Edwards, K., & **Renfrow, M.** (2012, October). Pedometric and educational intervention to increase physical activity and quality of life in a stroke population. Presented at the Midwest Regional Meeting of the American College of Sports Medicine.

**Renfrow, M.**, Barreira, T., Kang, M., & Tseh, W. (2012, October). The validity of 7-site skinfold measurements taken by exercise science students. Presented at the Midwest Regional Meeting of the American College of Sports Medicine.

**Renfrow, M.**, Barreira, T., Kang, M., & Tseh, W. (2012, March). The validity of 7-site skinfold measurements taken by exercise science students. Presented at the National American Association for Health Physical Education, Recreation, and Dance Annual Meeting, Boston, MA.

**Renfrow, M.**, Caputo, J., Otto, S., Farley, R., & Eveland, B. (2011). The relationship between sports participation and health-related physical fitness in middle school and high school students. *The Physical Educator*, 68(3), 118-123.

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.**, 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.

Caputo, J., Dell Pruett, M., Eveland-Sayers, B., Farley, R., Fuller, D., & **Renfrow, M.** (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.** Invited speaker on physical activity and fitness for First Place – A Christian healthy living program. (2010, November, Cincinnati, OH).

**Renfrow, M.** Invited speaker on youth resistance training for the Annual Meeting of the Tennessee Chapter of the National Strength and Conditioning Association. (2010, June).

**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.

Barreira, T., Kang, M., Caputo, J., Farley, R., Bettel, J., & **Renfrow, M.** (2009). Validation of the Actiheart monitor for the measurement of physical activity. *International Journal of Exercise Science*, 2(1), 60-71.

Kang, M., Caputo, J. L., Farley, R. S., Barreira, T. V., Bettel, J., M., & **Renfrow, M.** (2007, June). Validation of the Actiheart monitor in a laboratory setting. Presented at the National American College of Sports Medicine Conference Annual Meeting, New Orleans, LA. *Medicine and Science in Sports and Exercise Science*, 39(5, Suppl. 1), s180.

Bettel, 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 National American College of Sports Medicine Annual Meeting, New Orleans, LA. *Medicine and Science in Sports and Exercise Science*, 39(5, Suppl. 1), s177.

Barreira, T., Kang, M., Caputo, J., Farley, R., Bettel, J., & **Renfrow, M.** (2007, June). Validation of the RT3 monitor to estimate energy expenditure. Presented at the National American College of Sports Medicine Annual Meeting, New Orleans, LA. *Medicine and Science in Sports and Exercise Science*, 39(5, Suppl. 1), s181.

Barreira, T., Kang, M., Caputo, J., Farley, R., Bettel, J., & **Renfrow, M.** (2007, January). Validation of the RT3 monitor to estimate energy expenditure. Presented at the Southeast Regional Meeting of the American College of Sports Medicine.

## Grant Awards

Faculty Mentored Undergraduate Scholarship - \$8,500. 2022. Awarded to implement Phase II of the Live Well pediatric weight management program.

Women's Giving Circle - \$1,800. 2021. Awarded for billboard advertisement for the Live Well program.

Faculty Mentored Undergraduate Scholarship - \$8,500. 2021. Awarded to continue summer work in the Live Well pediatric weight management program.

Bedi Center for Teaching and Learning Excellence, Mini-Grant for Course Design Institute - \$1,000. 2019. Awarded to learn how to improve the virtual learning experience.

Women's Giving Circle - \$5,000. 2016. The grant funded student and faculty collaboration in training prisoners in New Castle Correctional Facility.

Bedi Center for Teaching and Learning Excellence, Mini-Grant for On-line Course Development - \$500. 2016. Awarded to learn from Ken Taylor to give students the best virtual learning experience possible.

Bedi Center for Teaching and Learning Excellence, Mini-Grant for Deep Learning - \$500. 2016. Awarded to develop a deep learning presentation with Scott Gaier to improve student reading and learning skills.

Women's Giving Circle - \$5,000. 2015. Awarded to fund student and faculty collaboration in collecting fitness data on prisoners in New Castle Correctional Facility.

Bedi Center for Teaching and Learning Excellence, Mini-Grant for Grant Writing - \$500. 2014. Awarded to work with Sue Gavin for grant preparation and grant writing.

Women's Giving Circle - \$5,000. 2013. Awarded to fund student and faculty collaboration on an adult walking and motivation program.

Women's Giving Circle - \$5,000. 2013. Awarded to fund student research participation in an adult walking and motivation program as well as preparing a manuscript for publication.

Women's Giving Circle - \$3,000. 2011. Awarded for the purchase and construction of a hydrostatic weighing apparatus.

Center for Teaching and Learning Excellence, Mini-Grant for Critical Thinking Skills - \$500. 2011. Awarded to learn from Steve Snyder and his critical thinking program as well as implement techniques learned into the classroom.

Center for Teaching and Learning Excellence, Mini-Grant for Constructing Writing Assignments - \$500. 2011. Awarded to learn from Barb Bird on how to better construct writing assignments.

## **Honors & Awards**

Taylor University Distinguished Professor Award, 2022  
 Taylor University Leadership Academy Graduate, 2017  
 Dr. Joe Burnworth Award for Teaching, Taylor University, 2014  
 Outstanding Doctoral Graduate Teaching Assistant (HHP Dept.), MTSU, 2008  
 1<sup>st</sup> Place, MTSU University Wide Scholar's Day, College of Education and Behavioral Sciences, 2008  
 Athletic Director's Character Award, President's Student-Athlete of the Year Award, 2005

## **Professional Involvement**

### *Professional memberships:*

American College of Sports Medicine, 2005-present  
 Christian Society for Kinesiology, Leisure, & Sports Studies, 2014-present  
 USA Weightlifting, 2013-2018  
 National Strength and Conditioning Association, 2007-2015  
 AAHPERD/SHAPE, 2010-2015  
 Society for Behavior Medicine, 2018-present  
     SBM Child and Family Health Special Interest Group Advisory Board, 2018-2020  
 The Obesity Society, 2020-present

### *Certifications:*

CDC Lifestyle Coach, 2021-current  
 USAW Certified Level 1 Sport Performance Coach, 2013-2018  
 NSCA Certified Strength and Conditioning Specialist, 2007-2015

### *Reviewing:*

Abstract Reviewer for the National CSKLS Conference, 2015  
 Reviewer for the International Journal of Exercise Science, 2008-2014  
 Reviewer for the Research Quarterly in Exercise and Sport journal, 2011-2014  
 Exercise Physiology Abstract Reviewer for National AAHPERD Conference, 2011-2013