

C. Scott Schwartz, MS, ACSM EP-C
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EDUCATION

Master of Science: Health, Exercise and Movement Sciences

Virginia Commonwealth University, Richmond, VA

Concentration: Exercise Science

Faculty Advisor: Edmund O. Acevedo, Ph.D., FACSM, FAPA, FNAK

Thesis: *The Role of Physical Activity in the Regulation of Free Fatty Acid Induced Cellular Inflammation by Liver X Receptor Alpha*

Graduated, December 2019

Bachelor of Science: Health, Physical Education, and Exercise Science

Virginia Commonwealth University, Richmond, VA

Concentration: Exercise Science

Faculty Advisor: R. Lee Franco, Ph.D.

Graduated, August 2015

PROFESSIONAL EXPERIENCE

Laboratory Manager and Project Coordinator, University of South Carolina Department of Exercise Science, Columbia, SC, October 2019 – Present

Research Assistant and Phlebotomist, Aging Brain Cohort Study at the University of South Carolina, Columbia, SC, October 2019 – Present

Graduate Teaching Assistant, Virginia Commonwealth University, Department of Kinesiology and Health Sciences, Richmond, VA 2016-2019

Course Responsibilities:

- *†HPEX 353 Disease Trends, Prevention, and Control- Spring 2016, Fall 2016
- HPEX 435 Health Disparities in the United States- Spring 2016, Fall 2016
- HPEX 391 Exercise Psychology- Spring 2017
- HPEX 358 Intro to Epidemiology- Spring 2017
- HPEX 345 Nutrition for Health and Disease- Spring 2017
- HPEX 375 Exercise Physiology- Spring 2017
- HPEX 441 Assessment and Exercise Intervention- Fall 2017
- HPEX 470 Exercise Programming and Leadership- Fall 2017
- *HPEX 310 Fitness and Health- Fall 2017, Spring 2018, Fall 2018, Spring 2019
- *HPEX 375 Physiology of Exercise Lab- Spring 2018

* Indicates independent co-instructor position; † indicates online format

Laboratory Assistant in Exercise Physiology Research Lab, Virginia Commonwealth University, Department of Kinesiology and Health Sciences, Richmond, VA, 2015 - 2017

Intern in Exercise Physiology Research Laboratory, Virginia Commonwealth University, Department of Kinesiology and Health Sciences, Richmond, VA, 2014 - 2015

Men's Basketball Sports Science & Performance Intern, Virginia Commonwealth University, Department of Kinesiology and Health Sciences, Richmond, VA, 2014 - 2015

PROFESSIONAL MEMBERSHIP

- Southeast ACSM Member (2014 - Present)
- ACSM Member (2015 - Present)

CERTIFICATIONS

- ACSM Certified Exercise Physiologist (ACSM EP-C)

DEPARTMENT OR CAMPUS ACTIVITIES

- VCU Men's Basketball Liaison for Performance Testing, July 2017 - July 2018
- VCU Women's Basketball Liaison for Performance Testing, July 2017 - July 2018
- VCU Exercise Physiology Research Laboratory Journal Club - Spring 2015
- VCU Exercise Science Club, Vice President, Fall 2014 - Spring 2015
- VCU Exercise Science Club, Secretary, Spring 2014 - Fall 2014

RESEARCH EXPERIENCE

Accepted Peer Reviewed Publications

1. Slusher, A.L., Patterson, V.T., **Schwartz, C.S.**, & Acevedo, E.O. (2018). Impact of high intensity interval exercise on executive function and brain derived neurotrophic factor in healthy college aged males. *Physiology & behavior*, 191, 116-122.

Manuscripts in Review

1. Morgan, J.A., Franco, R.L., Blanks A.M., Caslin, H.L., Patterson V.T., **Schwartz, C.S.**, Williams III, D.S.B.
Effects of a 16-week training program on the relationship between leg stiffness and energy expenditure in middle-aged half-marathon runners
2. Patterson, V.T., Slusher, A.L., **Schwartz, C.S.** Acevedo, E.O.
Perceptual Responses and Physiological Activation with Acute High Intensity Interval Ergometry in Sedentary Males

Published Abstracts Presented at National Conferences

1. **Schwartz C.S.**, Slusher A.L., Zúñiga T.M., Shah K.K., Acevedo E.O. *Inflamm-aging* is Associated with Impairing the Process of Maintaining Telomere Length in LPS Stimulated PBMCS. *ACSM Annual Meeting*. Orlando, FL (May 2019)
2. **Schwartz C.S.**, Slusher A.L., Patterson V.T., Acevedo E.O. (2018) Impact of High-Intensity Interval Exercise on Executive Function and Brain Derived

- Neurotrophic Factor. *Medicine & Science in Sports & Exercise*, 50(5S), 94. *ACSM Annual Meeting*. Minneapolis, MN (May 2018)
3. Blanks, A.M., **Schwartz, C.S.**, Pedersen, L.N., Buckley, L.F., Acevedo, E.O., Abbate, A., & Franco, R.L. (2017). Post-stemi Age-related Non-classical Monocyte Ccr2 Expression Differences In Response To Stress Hormones. *Medicine & Science in Sports & Exercise*, 49(5S), 1028. *ACSM Annual Meeting*. Denver, CO (May 2017)
 4. Blanks, A.M., Bowen, M.K., Caslin, H.L., **Schwartz, C.S.**, Acevedo, E. O., & Franco, R.L. (2016). Exercise Recovery Index as an Assessment of Sympathetic Activity in Obese and Non-obese Males. *Medicine and science in sports and exercise*, 48(5S), 1014. *ACSM Annual Meeting*. Boston, MA (May 2016)
 5. Patterson, V.T., Slusher, A.L., Caslin, H.L., **Schwartz, C.S.**, & Acevedo, E.O. (2016). High Intensity Interval Ergometry: Power Output, Catecholamines, Substance P, and Perceived Pain. *Medicine and science in sports and exercise*, 48(5S), 115. *ACSM Annual Meeting*. Boston, MA (May 2016)

Regional Conference Presentations

1. **Schwartz C.S.**, Slusher A.L., Zúñiga T.M., Shah K.K., Acevedo E.O. *Inflamm-aging* is Associated with Impairing the Process of Maintaining Telomere Length in LPS Stimulated PBMCS. *Southeast Chapter ACSM Conference*. Greenville SC (February 2019)
2. Shah K.K., Slusher A.L., Zúñiga T.M., **Schwartz C.S.**, Acevedo E.O. Excessive Weight Gain Throughout Adulthood is Associated with Shorter Telomere Lengths, Pro-inflammation, and Psychological Stress. *Southeast Chapter ACSM Conference*. Greenville SC (February 2019)
3. **Schwartz C.S.**, Slusher A.L., Patterson V.T., Acevedo E.O. Impact of High-Intensity Interval Exercise on Executive Function and Brain Derived Neurotrophic Factor. *Southeast Chapter ACSM Conference*. Chattanooga, TN (February 2018)
4. A.M. Blanks, M.K. Bowen, H.L. Caslin, **C.S. Schwartz**, E.O. Acevedo, R.L. Franco. Exercise Recovery Index as an Assessment of Sympathetic Activity in Obese and Non-Obese Males. *Southeast Chapter ACSM Conference*. Greenville, SC (February 2016)
5. Patterson V.T., Franco R.L., Morgan J., Caslin H.L., Crabb E.B., **Schwartz C.S.**, Williams D.S. Relationship of Adiposity and Running Kinematic Variables in Females. *Southeast Chapter ACSM Conference*. Jacksonville, FL (February 2015)
6. J.A. Morgan, **C.S. Schwartz**, V.T. Patterson, R.L. Franco, D.S. Williams. Lower Extremity Stiffness Influences Running Performance in Recreational Runners. *Southeast Chapter ACSM Conference*. Jacksonville, FL (February 2015)