

Matthew M. Schubert (Matt)
 Assistant Professor
 Department of Kinesiology
 CSU – San Marcos
 University Hall 325
 San Marcos, CA 92096
 E-mail: mschuber@csusm.edu
 Skype: matt.schubert1
 Office: (760)750-7362 Cell: (858)431-9336

Education

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
California State University, San Marcos, CA	B.S.	08/2009	Exercise Physiology
California State University, Chico, CA	M.A.	08/2011	Exercise Physiology
Griffith University, Southport, Australia	Ph.D.	1/2015	Exercise Physiology, Nutrition, and Metabolism
University of Kansas Medical Center, Kansas City, KS	Post-doc	12/2015	Weight management

Prior teaching and research experience

ACTIVITY/OCCUPATION	BEGINNING DATE (mm/yy)	ENDING DATE (mm/yy)	FIELD	INSTITUTION	SUPERVISOR
Graduate teaching assistant	02/2011	06/2011	Physical Education	CSU Chico	Dr. Rebecca Lytle
Research assistant	08/2011	02/2012	Exercise Physiology	CSU San Marcos	Dr. Todd Astorino
Lab instructor	02/2012	08/2013	Exercise Science	Griffith University	Dr. Surendran Sabapathy
Lecturer	08/2012	12/2012	Public Health	Griffith University	Dr. Ben Desbrow
Lab instructor	09/2013	12/2013	Sport Nutrition	Griffith University	Dr. Ben Desbrow
Research assistant	10/2014	4/2015	Weight Management	University of Kansas Medical Center	Dr. Joseph E. Donnelly
Postdoctoral fellow	5/2015	12/2015	Weight Management	University of Kansas Medical Center	Dr. Joseph E. Donnelly
Assistant professor (TT)	1/2016	6/2017	Kinesiology	Auburn University at Montgomery	Dr. George Schaefer
Assistant professor (TT)	8/2017		Kinesiology	CSU San Marcos	Dr. Jeff Nessler

Other relevant positions held

ACTIVITY/OCCUPATION	BEGINNING DATE (mm/yy)	ENDING DATE (mm/yy)	INSTITUTION	SUPERVISOR
Assistant cross country and track and field coach	08/2009	06/2011	CSU Chico	Gary Towne

Academic and Professional Honors

2009 Outstanding Kinesiology Student (CSU San Marcos Dept. of Kinesiology)
 2011 Student Research Award, Southwest Chapter of the American College of Sports Medicine (\$200)
 2012-2015 International Postgraduate Research Scholarship award recipient
 2012-2015 Griffith International Health/Medical Research Group Postgraduate Research Scholarship award recipient
 2012 Best Podium Presentation Runner-up (\$150), Gold Coast Health and Medical Research Conference

Courses taught

Spring

Exercise Pathophysiology (formerly Cardiac Rehabilitation – responsible for name change and restructured curriculum)
 Advanced Exercise Pathophysiology (graduate)

Measurement and Evaluation in Exercise Science

Fall
Nutrition for the Physically Active (Writing Intensive course) (2 sections)
Wellness
Master's Comprehensive Exam
Physiology of Exercise Lab – developed curriculum for a separate laboratory course, including lab manual (2 sections)

Summer/Other
Undergraduate/Graduate Practicum
Professional Leadership
Master's Thesis

Curriculum development:

BS Exercise Science program restructure – Spring 2016
-Developed a pre-Physical Therapy and non-PT program track; culled program from 140+ credit hours to 124
Minor in Sport Nutrition – Program development, Fall 2016 (tentative start Fall 2017)
-Courses developed include Nutritional Assessment, Advanced Sports Nutrition, and Micro- and Macronutrients.
MS Exercise Science program restructure – Fall 2016
-Streamlined program to develop a smaller core, thereby allowing students greater flexibility in their career options
-Special topics in exercise physiology course
-Seminar in energy metabolism

Certifications

2016- Certified Sports Nutritionist, International Society for Sports Nutrition (CISSN)
2017- Certified Exercise Physiologist, American College of Sports Medicine (ACSM EP-C)
Adult CPR/AED, American Red Cross
Likely will also take the NSCA Certified Strength and Conditioning Specialist exam (NSCA-CSCS) over summer

Professional Memberships

2007- Member, American College of Sports Medicine
2009- Member, National Strength and Conditioning Association
2009- Member, American Physiology Society (Exercise and Environmental Physiology and Endocrine and Metabolism interest groups)
2013- Member, The Obesity Society
2014- Member, The Endocrine Society
2016- Member, American Heart Association (Council on Lifestyle and Cardiometabolic Health)
2016- Member, American Diabetes Association (Exercise and Nutritional Science and Metabolism Interest groups)

Funding

Internal funding

Not funded

Can caffeine increase physical activity? A pilot study – Ida Belle Young Grant-in-Aid - \$38,000 requested

Equipment Grant-in-Aid request to purchase ActivPal monitors - \$10,000 requested

The effects of caffeine and coffee on appetite and energy intake - Griffith University Institutes of Health Research Awards 2013 - \$13,500 requested

The effects of caffeine and coffee on appetite and energy intake - Griffith University Institutes of Health Research Awards 2012 - \$15,000 requested

External funding

In preparation

Does caffeine supplementation increase adherence to supervised and prescribed exercise?

Changes in fitness, body composition, metabolic health, and energy balance during the college years

Intestinal fatty-acid binding protein and its role in post-exercise appetite control

Not funded

Can caffeine be used to manipulate energy balance around an acute exercise bout - American College of Sports Medicine 2014

Student research award - \$5,000 requested

Research projects

- 2016-Present Can caffeine improve exercise tolerance, enjoyment, and energy balance in overweight obese individuals?
- 2016-2017 Does interval training influence resting metabolic rate and substrate oxidation?
- 2016-Present Reliability and validity of various methods of body composition assessment in young adults (undergraduate Physiology of Exercise lab project)
- 2017-Present Energy balance in CrossFit™ athletes
- 2017-Present Impact of 6 sessions of rowing interval training on fitness and body composition in non-rowers (undergraduate Physiology of Exercise lab project)
- 2017-Present Energy expenditure and water balance responses to acute yoga exercise (undergraduate Physiology of Exercise lab project)
- 2017-Present Impact of exercising fed or fasted on self-selected intensity and mood (undergraduate Physiology of Exercise lab project)

Publications – peer reviewed papers only

Dr. Schubert presently has 293 citations with an h-index of 11 according to Google Scholar.

Astorino, T.A. and **Schubert, M.M.** (2012). Exercise Programming for Cardiovascular Disease. *Strength & Conditioning Journal*, 34(5): 60-64. Impact factor: 0.598. DOI: 10.1519/SSC.0b013e31825ab1aa.

Schubert, M.M. and Astorino, T.A. (2013). A systematic review of the efficacy of ergogenic aids for improving distance running performance. *Journal of Strength and Conditioning Research*, 27(6): 1699-1707. Impact factor: 1.795. DOI: 10.1519/JSC.0b013e31826cad24. PubMed ID: 22890496.

Schubert, M.M., Azevedo, J.L., and Astorino, T.A. (2013). The effects of caffeine-containing “energy shots” on time-trial performance in well-trained runners. *Nutrients*, 5(6): 2062-2075. Impact factor: 2.072. DOI: 10.3390/nu5062062. PubMed ID: 23743969. (*Presented as a poster abstract at the 2012 ACSM Meeting*).

Schubert, M.M., Desbrow, B., Sabapathy, S., and Leveritt, M. (2013). Acute Exercise and Subsequent Energy Intake: A meta-analysis. *Appetite*, 63: 92-104. Impact factor: 2.451. DOI: 10.1016/j.appet.2012.12.010. PubMed ID: 23274127. 64 citations. (*Presented as a poster abstract at the 2012 Gold Coast Health & Medical Research Conference*)

Astorino, T.A., **Schubert, M.M.**, Palumbo, E., Stirling, D., & McMillan, D. (2013). Effect of two doses of chronic interval training on maximal fat oxidation in sedentary women. *Medicine and Science in Sports and Exercise*, 45(10): 1878-1886. Impact factor: 4.475. DOI: 10.1249/MSS.0b013e3182936261. PubMed ID: 23531715.

Astorino, T.A., **Schubert, M.M.**, Palumbo, E., Stirling, D., McMillan, D., Cooper, C., Godinez, J., Martinez, D., & Gallant, R. (2013). Magnitude and time course of changes in maximal oxygen uptake in response to distinct regimens of chronic interval training in sedentary women. *European Journal of Applied Physiology*, 113(9): 2361-2369. Impact factor: 2.66. DOI: 10.1007/s00421-013-2672-1. PubMed ID: 23754097.

Schubert, M.M., Sabapathy, S., Leveritt, M., & Desbrow, B. (2014). Acute exercise and hormones involved in appetite regulation: a meta-analysis. *Sports Medicine (NZ)*, 44(3): 387-403. Impact factor: 5.32. DOI: 10.1007/s40279-013-0120-3. PubMed ID: 24174308. 44 citations. (Presented as an oral session at the 2012 Gold Coast Health and Medical Research Conference).

Astorino, T.A. and **Schubert, M.M.** (2014). Individual responses to completion of short-term and chronic interval training: a retrospective study. *PLoS ONE*, 9(5):e97638. Impact factor: 3.73. DOI: 10.1371/journal.pone.0097638. PubMed ID: 24847797.

Schubert, M.M., Sabapathy, S., Leveritt, M., & Desbrow, B. (2014). Acute Exercise and Hormones Related to Appetite Regulation: Comparison of Meta-analytical Methods. *Sports Medicine (NZ)*, 44(8): 1167-1168. Impact factor: 5.32. DOI: 10.1007/s40279-014-0182-x. PubMed ID: 24743928.

Schubert, M.M., Hall, S., Leveritt, M., Grant, G.D., Sabapathy, S., & Desbrow, B. (2014). Caffeine consumption around an exercise bout: effects on energy expenditure, energy intake, and exercise enjoyment. *Journal of Applied Physiology*, 117:745-754. Impact factor: 3.434. DOI: 10.1152/jappphysiol.00570.2014. PubMed ID: 25123196.

Schubert, M.M., Grant, G.D., Sabapathy, S., King, N.A., Leveritt, M., & Desbrow, B. (2014). Coffee for morning hunger pangs? An examination of coffee and caffeine on appetite, gastric emptying, and energy intake. *Appetite*, 83: 317-326. Impact factor: 2.451. DOI: 10.1016/j.appet.2014.09.006. PubMed ID: 25218717. (Presented as a Free Communication/Slide at the 2014 ACSM Annual Meeting)

Horner, K.M., **Schubert, M.M.**, Desbrow, B., Byrne, N.A., & King, N.A. Acute exercise and gastric emptying: an appetite perspective and meta-analysis. *Sports Medicine (NZ)*, 45(5): 659-678. Impact factor: 5.32. DOI: 10.1007/s40279-014-0285-4. PubMed ID: 25398225 (Co-first authorship)

Khalesi, S., Irwin, C., and **Schubert, M.M.** Flaxseed consumption may reduce blood pressure: a systematic review and meta-analysis of controlled trials. *Journal of Nutrition*, 145:758-765. Impact factor: 4.2. DOI: 10.3945/jn.114.205302. PubMed ID: 25740909.

Szabo-Reed, A.N., Lee, J., Ptomey, L.T., Willis, E.A., **Schubert, M.M.**, Washburn, R.A., Donnelly, J.E. Longitudinal weight loss patterns and their behavioral and demographic associations. *Annals of Behavioral Medicine*, 50(1):147-56. Impact factor: 4.144. DOI: 10.1007/s12160-015-9740-1. PubMed ID: 26423446.

Ptomey, L.T., Steger, F.L., **Schubert M.M.**, Lee, J., Willis, E.A., Sullivan, D.K., Szabo-Reed, A.N., Washburn, R.A., & Donnelly, J.E. Breakfast Intake and Composition is Associated with Superior Academic Achievement in Elementary School Children. *Journal of the American College of Nutrition*, 35(4): 326-333. Impact factor: 1.453. DOI:10.1080/07315724.2015.1048381. PubMed ID: 26697955.

Astorino, T.A., **Schubert, M.M.**, Palumbo, E., Stirling, D., McMillan, D., Gallant, R., & DeWoskin, R. Perceptual changes in response to two regimens of interval training in sedentary women. *Journal of Strength and Conditioning Research*, 30(4): 1067-1076. Impact factor: 1.795. DOI:10.1519/JSC.0000000000001175. PubMed ID: 26340468.

Hall, S., Desbrow, B., Anoopkumar-Dukie, S., Davey, A.K., Arora, D., McDermott, C., **Schubert, M.M.**, Perkins, A.V., Kiefel, M.J., and Grant, G.D. A review of the bioactivity of coffee, caffeine, and key coffee constituents on inflammatory responses linked to depression. *Food Research International*, 76: 626-636. Impact factor: 2.818. DOI: 10.1016/j.foodres.2015.07.027. PubMed ID: 28455046.

Schubert, M.M., Washburn, R.A., Honas, J.J., Lee, J., and Donnelly, J.E. Exercise volume and aerobic fitness in young adults: the Midwest Exercise Trial-2. *SpringerPlus*, 5:1-9. DOI: 10.1186/s40064-016-1850-0. PubMed ID: 27026879.

*Campagnolo, N., *Iudakhina, E., Irwin, C., **Schubert, M.M.**, Cox, G.R., Leveritt, M., and Desbrow, B. Fluid, energy and nutrient recovery via ad libitum intake of different fluids and food. *Physiology and Behavior*, 171: 228-235. Impact factor: 2.986. DOI: 10.1016/j.physbeh.2017.01.009. PubMed ID: 28104353.

Schubert, M.M., Irwin, C., *Seay, R.F., *Clarke, H.E., Allegro, D., & Desbrow, B. Caffeine, coffee, and appetite control: a review. *International Journal of Food Sciences and Nutrition*. Accepted for publication. DOI: 10.1080/09637486.2017.1320537. PubMed ID: 28446037.

Schubert, M.M., *Clarke, H.E., *Seay, R.F., & *Spain, K.K. Impact of 4 weeks of interval training on resting metabolic rate, fitness, and health-related outcomes. Accepted for publication in *Applied Physiology, Nutrition, and Metabolism*.

Schubert, M.M., *Palumbo, E., *Clarke, H.E., *Seay, R.F., & *Spain, K.K. Energy compensation after sprint- and high-intensity interval training. In revision for *PLoS ONE*.

*Student author

Reviewer for *Journal of Caffeine Research*; *Applied Physiology, Nutrition, and Metabolism*; *Appetite, Nutrition and Metabolism*; *British Journal of Nutrition*; *Nutrients*; *Medicine and Science in Sports and Exercise*; *Journal of Sports Science*; and *Research in Sports Medicine*.

Co-supervisor on dual master's projects at Griffith University entitled: "Comparing the Effect of Ad Libitum Intake of Different Commercial Beverages and Snack Foods on Total Nutrient Consumption following Exercise-Induced Fluid Loss"

External reviewer, PhD confirmation (proposal) seminar, "Is there an optimal time of day to exercise for weight loss?" University of Queensland School of Human Movement and Nutrition Sciences (4-25-2016).

Committee member, Honors in the major feasibility committee. College of Education.

Committee member, Faculty Senate Subcommittee on Professional Improvement Leave

Committee Member, Honors Program Committee (maternity cover)

Committee Member, Exercise Science Faculty Search Committee

Committee Member, College of Education Scholarship Committee

Committee Member, Faculty Senate Interdisciplinary Programs and Initiatives Working Group

Invited talk: "Exercise is Medicine", Auburn University at Montgomery College of Nursing and Health Sciences annual retreat, May 2017.

Judge/reviewer, 2017 Southwest Chapter of the American College of Sports Medicine Graduate Research Award Competition

Student supervision

Committee member, Bruce Bentley, MS thesis: Effectiveness of Blood Flow Restricted Resistance Training in Trained Versus Untrained Participants – graduated Fall 2016

Thesis chair, Holly Clarke, MS thesis: Hydration Knowledge and Habitual Practices of Female Collegiate Athletes in Training and Competition – defended Spring 2017. Attending Florida State University on a PhD scholarship.

Committee member, Rebekah Seay, MS thesis: Relationships between body composition, fitness testing, and job performance in firefighters – defended Spring 2017. Attending the University of Kentucky on a PhD scholarship.

Committee member, Elyse Palumbo, MS thesis (California State University San Marcos): Effects of high-intensity exercise on appetite and energy balance in individuals with spinal cord injury – proposed Spring 2017.

Committee member, Jackie Godinez, MS thesis (California State University San Marcos): Effects of high-intensity exercise on cardiovascular function in individuals with spinal cord injury – proposed Spring 2017.

Skills

Systematic reviews, meta-analysis, metabolic measurement systems, blood collection, data extraction and synthesis, data analysis (SPSS), oral presentations, scientific writing, table and figure preparation, exercise training and prescription, meal preparation and dietary analysis, basic biochemistry analysis.

Teaching interests

Exercise physiology, exercise metabolism, sport and exercise nutrition, exercise endocrinology, research methods and introductory statistics, environmental exercise physiology, exercise testing and prescription, current trends in exercise science.

Media

<https://www.yahoo.com/health/drink-this-to-enjoy-your-workout-more-99926781707.html>

<http://www.news-medical.net/news/20130715/Coffee-and-appetite-an-interview-with-Matt-Schubert-and-Associate-Professor-Ben-Desbrow-Griffith-University.aspx>

References

Ben Desbrow, PhD, APD, Associate Professor

School of Allied Health Sciences, Griffith University

E-mail: b.desbrow@griffith.edu.au

Office: +61 (07) 5552 9110

Michael Leveritt, PhD, APD, Lecturer
School of Human Movement Studies, University of Queensland
E-mail: Michael.leveritt@uq.edu.au Office: +61 (07) 3365 6669

Surendran Sabapathy, PhD, Lecturer
School of Allied Health Sciences, Griffith University
E-mail: s.sabapathy@griffith.edu.au Office: +61 (07) 5552 8390

Todd Astorino, PhD, Professor
Department of Kinesiology, CSU San Marcos
E-mail: astorino@csusm.edu Office: +1(760)750-7351

Jack Azevedo, PhD, Professor
Department of Kinesiology, CSU Chico
E-mail: jlazevedo@csuchico.edu Office: +1(530)898-5878

Joe Donnelly, EdD, Professor
University of Kansas, Center for Physical Activity and Weight Management/Energy Balance Laboratory
E-mail: jdonnelly@ku.edu