

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

Graduated, August 2015

PROFESSIONAL EXPERIENCE

Laboratory Manager and Project Coordinator, Foundations of Lipids and Exercise Laboratory, 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

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

- American College of Sports Medicine Member (2015 - Present)
- American College of Sports Medicine Member; Southeast Chapter (2014 - Present)

DEPARTMENT OR CAMPUS ACTIVITIES (All at Virginia Commonwealth University or VCU)

- 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

- Hota M, Barber JL, Ruiz-Ramie JJ, **Schwartz CS**, Lam H, Rao P, Mi M, Katz DH, Falciani F, Robbins JM, Clish C, Gerszten RE, Sarzynski MA, Ghosh S, Bouchard C. Omics-driven investigation of the biology of intrinsic submaximal working capacity and its trainability. *Journal of Applied Physiology*
- 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
- 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

Manuscripts in Preparation

- **Schwartz CS**, Slusher AL, Acevedo EO. LXR α mRNA Expression following Exercise and Palmitate Induced Cellular Inflammation in Fit Middle-Aged Males.

Published Abstracts Presented at National Conferences

5. **Schwartz C.S.**, Slusher A.L., Zúñiga T.M., Shah K.K., Acevedo E.O. (2019) *Inflammaging* is Associated with Impairing the Process of Maintaining Telomere Length in LPS Stimulated PBMCS. *Medicine & Science in Sports & Exercise*, 51(5S), 408. *ACSM Annual Meeting*. Orlando, FL
4. **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
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
2. 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

1. 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

Regional Conference Presentations

9. C. Scott Schwartz, Fadi J. Charchar, Jacob L. Barber, Jeremy M. Robbins, Prashant Rao, Michael Mi, Sujoy Ghosh, Robert E. Gerszten, Claude Bouchard, Mark A. Sarzynski. Genetically-Increased Telomere-Length Weakly Associates With Body Composition And Metabolic Profiles But Not Their Training Responses. *Southeast Chapter ACSM Conference*. Greenville SC (February 2022)
8. Emanuel J. Ayala, Jacob L. Barber, **Charles S. Schwartz**, Jeremy M. Robbins, Robert E. Gerszten, Xuewen Wang, James S. Skinner, Claude Bouchard, Mark A. Sarzynski. Clinical Predictors of VO₂max Response to Endurance Training: HERITAGE Family Study. *Southeast Chapter ACSM Conference*. Virtual Meeting (February 2021)
7. Alexis Jones, Jacob L. Barber, Emanuel J. Ayala, **Charles S. Schwartz**, William A. Clarkson, James S. Skinner, Claude Bouchard, Mark A. Sarzynski Cardiorespiratory Fitness at Baseline and In Response to Training Across Metabolic Health and Weight Phenotypes. *Southeast Chapter ACSM Conference*. Virtual Meeting (February 2021)
6. **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)
5. 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)
4. **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)
3. 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)
2. 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)
1. 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)

TEACHING EXPERIENCE

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

- *†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 2019
- *HPEX 375 Physiology of Exercise Lab, Spring 2018

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

MENTORING

Graduate:

Master's

Alex Clarkson (UofSC), 2020 -

Emanuel Ayala (UofSC), 2019 - 2021

Ryan Flynn (UofSC), 2019 - 2020

Undergraduate:

Riley Reasons (UofSC), 2020 -

Katherine Kerwin (UofSC), 2020 -

Julianna Tyndall (UofSC), 2020

Andrew Hendrix (UofSC), 2019 - 2020

Brice Smoker (UofSC, Honors College), 2019 - 2020

Keisha Shah (VCU), 2018 - 2019

Sirak Tewolde (VCU), 2018 - 2019

Blake Cooper (VCU), 2018

Nathaniel Jones (VCU), 2018

Brianna Hackley (VCU), 2018

PROFESSIONAL SERVICE

Ad hoc Reviewer for Professional Journals

- Journal of Sports Medicine
- Journal of Applied Physiology

CERTIFICATIONS

- ACSM Certified Exercise Physiologist (ACSM EP-C)
- Bloodborne Pathogens, Hazardous Waste, basic laboratory safety training

SKILLS

Phlebotomy, FPLC, qPCR, cell culture, ELISA