

Matthew S. Martenson

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Other Names Used: "Jake"

Education

Florida State University
PhD Student (2017-current)
Major: Exercise Physiology

University of Florida
MS (2012)
Major: Applied Physiology and Kinesiology
Concentration: Human Performance

Mercer University School of Medicine
MPH (2010)
Major: Public Health

Mercer University
BS (2008)
Major: Biology
Minor: Chemistry

Professional/Work Experience

Exercise Physiologist
Health and Wellness Center at Florida Hospital Wesley Chapel
June 2014 – Present

- Program coordinator for Well On Your Way- a grant-funded 12 week diabetes intervention program
- Coordinator for ACSM's Exercise is Medicine- a physician referral program in which physicians refer their patients to our facility for exercise
- Conduct assessments, exercise prescription, and personal training for high risk members
- Give presentations on various health and fitness topics to the community

Adjunct Professor
Saint Leo University
August 2016 – Present

- Course taught: Choosing Wellness SLU 125

Fitness Associate/Personal Trainer
Health and Wellness Center at Florida Hospital Wesley Chapel
December 2013 – June 2014

- Conduct personal training and fitness assessments for members of the Health and Wellness Center
- Participate in the Manager on Duty program
- Assist members on the fitness floor

Graduate Internship
The Wellness Center, Macon, GA
September 2009 – November 2009

- Aid in coordinating team activities for Susan G Koman Race for the Cure
- Aid in organizing annual flu vaccine administration
- Represent the Wellness Center at various community events
- Assist members with blood pressure readings

Graduate Assistant
Mercer University School of Medicine
Essentials of Public Health (BIO 390)
January 2009 – May 2009

- Assist in development of lecture materials
- Deliver lecture on Assessing the Health Needs of a Community
- Introducing guest lecturers and overseeing class activities
- Grading assignments and assisting professor as directed

Research Experience

Graduate Internship
University of Florida
Orthopaedics and Sports Medicine Institute
January 2012 – May 2012

- Assist in writing/reviewing for several ongoing studies
- Administer exercise protocols for study participants
- Administer 6 minute walk, chair rise, and stair climb functional tests
- Calibrate BodPod, metabolic cart, and other lab equipment
- Assist in set up and operation of motion analysis software

Research Volunteer
University of Florida
Orthopaedics and Sports Medicine Institute
September 2010 – April 2011

- Assist in writing and conducting ongoing research activities
- Assist in administering exercise protocols and functional tests
- Delivering reminder calls to study participants

Medical Research Assistant
Department of Internal Medicine
Mercer University School of Medicine
September 2004 – April 2005

- Organize and transfer patient information into electronic research database
- Deliver specimens to hospital lab
- Various clerical duties as assigned

Peer Reviewed Publications

Heather Vincent, Cindy Montero, Bryan Conrad, Mary Beth Horodyski, Jacob Connelly, Matthew Martenson, Amanda Seay, Kevin Vincent (2013). "Functional pain," functional outcomes, and quality of life after hyaluronic acid intra-articular injection for knee osteoarthritis. *PM&R* 5(4), 310-318.

Kevin R Vincent, Cindy Montero, Wayne Ngyuen, Scott Hamilton, Matthew Martenson, Clarissa Lomonaco, Joseph Wasser, Heather Vincent (2012). Poster 202 Progressive Enhanced Eccentric or Concentric Resistance Exercise Training for Knee Osteoarthritis: Initial Results on Pain and Function. *PM&R* 4(10), S188.

Heather Vincent, Amanda Seay, Cindy Montero, Bryan Conrad, Matthew Martenson, Clarissa Lomonaco, Joseph Wasser (2012). Poster 140 Sex Differences in Associations of Physical Pain, Gait Parameters and Fear Avoidance in Older Adults with Low Back Pain. *PM&R* 4(10), S238.

Heather Vincent, Kevin Vincent, Kelley Lamb, Bryan Conrad, Matthew Martenson, Amanda Seay (2011). Poster 210 Age and Body Mass Index Effects on Walking Shod and Barefoot: Implications for Stability in the Home Environment. *PM&R* 3(10), S243.

Writing Experience

Matthew Martenson (2012). Pre-Exercise Static Stretching: Does it Affect Exercise Performance? *UF Sports Performance Active Living News Letter*

PM&R Manuscript Reviewer, Botulinum Toxin A for Paraspinal Extensor Spasticity: A Case Series (2012)

Matthew Martenson, Heather Vincent, Kevin Vincent, Kelley Lamb, Bryan Conrad, Amanda Seay. (2011) Consequences of Poor Hip Flexibility and Other Biomechanical Considerations in a Competitive Marathon Runner: A Case Study. 2011 UF Running Medicine Conference.

MPH Capstone Project: Evaluation of the Cancer Wellfit Program in Improving Measures of Physical Fitness, Quality of Life, Depression, Fatigue, and Stress in Cancer Patients (2010)

Assisted in grant writing with Dr. McKinley Thomas, Mercer University School of Medicine for undergraduate Epidemiology class

Community Presentations

Stress: The Good, the Bad, and What to Do About It
Health and Wellness Center at Florida Hospital Wesley Chapel
October 20, 2015 & August 2, 2016

Diabetes and Fitness
TV Appearance, *Daytime*
August 28, 2015

CREATION Health: Nutrition and Activity
Health and Wellness Center at Florida Hospital Wesley Chapel
May 5, 2015 & Oct 14, 2014

Senior Strength Training
Health and Wellness Center at Florida Hospital Wesley Chapel
April 28, 2015

Diabetes Management through Food and Fitness
Health and Wellness Center at Florida Hospital Wesley Chapel
November 4, 2014

Coping with “Chemobrain”
The Wellness Center, Macon, GA
November 2009

Academic Presentations

Center for Rural Health and Health Disparities: A Pedagogical Model to Educate Mercer University Public Health Students (2009). American Public Health Association 137th Annual Assembly in Philadelphia, PA.

Lecture on Assessing the Health and Needs of a Community to BIO 390 (Essentials of Public Health) as a graduate assistant (2009).

Certifications

Corrective Exercise Specialist (CES)
National Academy of Sports Medicine
December 2011-Present

Basic Life Support (BLS)
American Heart Association
January 2012-Present

Professional Memberships

American Public Health Association
March 2009 – May 2010

American College of Sports Medicine
November 2009 – Present
