



Gregory Blake Biren

Associate Professor
Health & Exercise Science

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Education:

BA (Psychology), Shippensburg University
MEd (Exercise Physiology), Temple University
PhD (Exercise Physiology), Temple University

Research Expertise:

Strength and Conditioning

My early research interests focused on exercise conditioning, nutrition, and fatigue. While these areas will remain a primary focus, I currently am directing my efforts to improving the knowledge and skills of K-12 students in the areas of Science, Technology, Engineering, Art, and Mathematics (STEAM) as it relates to Exercise Science. The goal is to improve youth's desire to learn, understand, and apply STEAM related topics by experiencing the science behind human movement.

Supported by a grant received in 2015, we are creating a program entitled Sport Science K-20. The purpose is to develop partnerships with K-12 school systems to expose students to the science behind human movement. Our vision is for all youth to be inspired to care for the body through understanding the science behind physical activity, nutrition, and health. It will include interactive workshops both in the K-12 setting along with those performed at Rowan University. In addition, a Sport Science K-20 website will provide video lessons on a variety of exercise science related topics that can be utilized to apply STEAM and health related concepts into the K-12 setting.

Member of:

National Strength and Conditioning Association
American College of Sports Medicine
New Jersey American Alliance for Health, Physical Education, Recreation, and Dance

Recent Publications:

Mastrangelo MA, Chaloupka EC (2013) Childhood obesity, an international problem with a local solution. *International Journal of Food, Nutrition and Public Health*. 6: 25-35.

Mastrangelo MA, Chaloupka EC (2011) Childhood obesity, an international problem with a local solution in *World Sustainable Development Outlook*. Ahmed A, Busler M, ed. pp. 389-400.

Scibilia GJ, Chaloupka EC, Mastrangelo MA (2011) A literature review of rehabilitation programs after total shoulder arthroplasty. *Hand Rehabilitation Journal*. American Physical Therapy Association. 28:3-8.