

MICHAEL OLDHAM
Curriculum Vitae

Nursing and Health Science 133 • P.O. Box 3011 • Commerce, TX 75429 • michael.oldham@tamuc.edu

PROFESSIONAL APPOINTMENTS

2022 – Present Assistant Professor – Tenure Track
Texas A&M University - Commerce

2021 – 2022 Instructor
Texas A&M University – Commerce

2019 - 2021 Ad Interim Instructor
Texas A&M University – Commerce
Department of Health and Human Performance

2016 – 2019 Graduate Teaching Assistant
Texas Woman’s University
Department of Kinesiology

2014 – 2019 Adjunct Faculty
Texas A&M University – Commerce
Department of Health and Human Performance

1999 – 2013 Full Time Teacher
Rockwall High School
Science Department

1996 – 1999 Full Time Teacher
Highland Park High School
Science Department

1995 – 1996 Head Women’s Soccer Coach
Richland College

1994 – 1995 Graduate Teaching Assistant
Texas Woman’s University
Department of Kinesiology

1990 – 1994 Full Time Teacher
Marcus High School
Science Department

EDUCATION

2016 – 2020 **Ph.D. in Exercise Physiology (Minor Concentration: Nutrition)**
Texas Woman’s University, Denton, TX
Mentor: Vic BenEzra, Ph.D.
Dissertation: The Effects of Whey Protein Isolate on Cortisol Awakening
Response, Profile of Mood States, and Heart Rate Variability in
Recreationally Active Women

1994 – 1997 **M.S. in Physical Education (Concentration: Biomechanics/Exercise Phys)**
Texas Woman’s University, Denton, TX
Mentor: Vic BenEzra, Ph.D.
Professional Paper: The Effect of Small Group Soccer Training on Skill
Development

TEACHING EXPERIENCE

Texas A&M University – Commerce, Instructor of Record:

Undergraduate and Graduate Courses		
FRA 101	Walking and Jogging	Fall 2014
FRA 125	Tennis	Spring 2014
FRA 132	Soccer	Fall 2014, Spring 2015
FRA 134	Volleyball	Spring 2014
FRA 149	Archery	Fall 2020, Fall 2021, Fall 2022
HHPK 172	Introduction to Human Body Systems	Spring 2015, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019
HHPK 1306	First Aid / CPR / AED	Spring 2021, Fall 2021, Spring 2022
HHPK 250	Physical Activity Skills I: Conditioning, Individual, and Dual Sports	Spring 2019, Fall 2019, Fall 2020
HHPK 251	Physical Activity Skills II: Team Sports	Fall 2017, Spring 2019, Fall 2019, Spring 2020, Summer 2020, Fall 2020, Spring 2021, Fall 2021, Summer 2022
HHPK 290	Structural Kinesiology	Fall 2023, Spring 2024, Summer 2024
HHPK 335 HHPK 335L	Kinesiology and Biomechanics – Lecture and Lab	Fall 2014, Spring 2015, Summer 2015, Fall 2015, Spring 2016, Summer 2016, Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019, Summer 2019, Fall 2019, Spring 2020, Summer 2020, Fall 2020, Spring 2021, Fall 2021, Spring 2022, Summer 2022, Fall 2022, Spring 2023, Fall 2023, Spring 2024, Fall 2024
HHPK 318/397	Individual Exercise Instruction	Fall 2019, Spring 2020, Summer 2020, Spring 2021, Spring 2022, Spring 2023
HHPK 444	Administration of Kinesiology and Sports Programs	Fall 2015
HHPH 331	Nutrition	Fall 2018, Spring 2019, Summer 2019, Fall 2019, Spring 2020
HHPH 330	Sports Nutrition	Fall 2022

HHPK 530	Sports Conditioning	Spring 2022, Summer 2022, Spring 2024, Summer 2024
HHPH 531	Optimal Performance and Nutrition	Winter 2021, Summer 2022, Fall 2022
HHPK 593	Graduate Biomechanics	Spring 2023

Texas Woman's University, Instructor of Record:

KINS 3601	Exercise Physiology Laboratory	Fall 2018, Summer 2019, Spring 2019
KINS 4601	Exercise Prescription Testing Laboratory	Fall 2016, Fall 2017, Fall 2018
KINS 4701	Graded Exercise Testing Laboratory	Fall 2017, Spring 2019
KINS 4933	Cardiac Rehabilitation Internship	Fall 2016, Spring 2017, Summer 2017, Fall 2017, Spring 2018, Summer 2018, Fall 2018
KINS 4943	Corporate Fitness Internship	Fall 2016, Spring 2017, Summer 2017, Fall 2017, Spring 2018, Summer 2018, Fall 2018

Texas A&M University-Commerce, Graduate thesis and honor's thesis committees:

Graduate thesis:

- Francesca Aquilino (committee chair): Differences in Leg Dominance and Torque Production in Track and Field Division 1 Athletes. Graduated August 2024.
- Raquel Cavazos (committee member): The Relationship between Shoulder Mobility and Upper Body Mass on 2-RM Bench Press in Division 1 Collegiate Football Players. Graduated May 2024.
- Shelby Gerner (committee member): The Effect of Lower Extremity Bilateral Asymmetries on Performance in Division 1 Soccer Players. Graduated May 2024.
- Matt MacKenzie (committee member): Is Performance Being Bought? A Data Envelope Analysis of Professional Cycling. Graduated December 2020.
- Omar Ramirez (committee member): Exercise Habits of College Students Before and During the COVID-19 Pandemic. Graduated June 2022.

Undergraduate honor's thesis:

- Chloe Lewis (committee chair): Association Between Lower Limb Muscle Mass and Dynamic Balance in Collegiate Athletes, Defended June, 2024.
- Amy Sprague (committee chair): The Effect of Shift Rotation Patterns on Firefighter Indices of Recovery, Defended April, 2023.
- Harrison Fite (committee chair): Changes in Shoulder Range of Motion Compared to Spin Rate in Female Collegiate Softball Pitchers, Defended April, 2023.
- Lauren Shaw (committee member): Changes in Maximal Oxygen Uptake in Collegiate Female Soccer Players, Defended February, 2023.

- Taryn Cast (committee chair): A Biomechanical Assessment of the Drop Vertical Jump in College Female Athletes with Visual Feedback, Defended December, 2022.
- Garrett Blubaugh (committee member): The Effect of Muscle Milk Protein Supplementation on Bench Press and Squat in Incoming Freshman Football Athletes, Defended May, 2019.
- Chyenne Baker (committee member): Manual Muscle Testing vs. Functional Motion Testing Inter-rater Reliability, Defended April, 2018.
- Logan Talley (committee member): The Lack of Knowledge in the Prevalence of Overstimulating Neonatal Intensive Care Unit (NICU) Patients and the Lifelong Effect of the Overstimulation, Defended May, 2018.

McNair TRIO Scholar Research Mentor:

- Paula Flores: Measures of Heart Rate Variability in Firefighters on the 24/48 Hour Shift Rotation

PEER-REVIEWED PUBLICATIONS

- 1) **Oldham, M.D.** The Effect of Whey Protein Isolate on Cortisol Awakening Response, Profile of Mood States, and Heart Rate Variability in Recreationally Active Women, Dissertation, <https://twu-ir.tdl.org/handle/11274/12316>, 2020.
- 2) **Oldham, M.D.**, Brisebois, M., Castleberry, T.J., Gordon, R., Guerin, G., Kayed, O., Rao, M., Simpson, A., Sokolowski, M., Zumbro, E.L., Ben-Ezra, V., Biggerstaff, K.D. The Effect of Repeated Sprint Trials on Salivary Cortisol Response in Elite Female Soccer Athletes, *International Journal of Exercise Science: Conference Proceedings*, vol. 2, issue 10, 2018.
- 3) Irvine, C., Castleberry, T.J., **Oldham, M.D.**, Brisebois, M., Deemer, S.E., Gordon, R., Henderson, A., Ben-Ezra, V. Dose Effect of Whey Protein on Gut Hormone Responses in Pre-Diabetics and Type 2 Diabetics, *International Journal of Exercise Science: Conference Proceedings*, vol. 2, issue 10, 2018.
- 4) Castleberry, T.J., Irvine, C., **Oldham, M.D.**, Brisebois, M., Deemer, S.E., Gordon, R., Henderson, A., Ben-Ezra, V. The Dose Effect of Whey Protein on Insulin Responses in Pre-Diabetics and Type 2 Diabetics, *International Journal of Exercise Science: Conference Proceedings*, vol. 2, issue 10, 2018.
- 5) Castleberry, T.J., Irvine, C., Deemer, S.E., Brisebois, M., Gordon, R., **Oldham, M.D.**, Ramirez, J., Duplanty, A., Ben-Ezra, V. The Effects of Exercise Pattern on Insulin Responses in Healthy Males." *Medicine & Science in Sports & Exercise*, vol. 31, issue S1, 2017.
- 6) Deemer, S. E., Castleberry, T. J., Irvine, C., Newmire, D. E., **Oldham, M. D.**, King, G. A., Ben-Ezra, V., Irving, B. A., & Biggerstaff, K. D. (2018). Pilot study: An acute bout of high intensity interval exercise increases 12.5H gh secretion. *Physiological Reports*, 6(2). <https://doi.org/10.14814/phy2.13563>
- 7) Cavazos, Raquel J.; Meek, B. Greg; Jabai, Hussien K.; and Oldham, Michael D. (2023) "The Effect of Mobility and Strength Training on Firefighter Cadet Functional Mobility," *International Journal of Exercise Science: Conference Proceedings: Vol. 2: Iss. 15, Article 153*. <https://digitalcommons.wku.edu/ijesab/vol2/iss15/153>

CONFERENCE PRESENTATIONS

- 1) **Oldham, M.D.**, Brisebois, M., Castleberry, T.J., Gordon, R., Guerin, G., Kayed, O., Rao, M., Simpson, A., Sokolowski, M., Zumbro, E.L., Ben-Ezra, V., Biggerstaff, K.D. (2018) The Effect of Repeated Sprint Trials on Salivary Cortisol Response in Elite Female Soccer Athletes, Texas Chapter American College of Sports Medicine, March 1-2, 2018. University of Texas, Austin, Texas
- 2) **Oldham, M.D.**, Brisebois, M., Castleberry, T.J., Gordon, R., Guerin, G., Kayed, O., Rao, M., Simpson, A., Sokolowski, M., Zumbro, E.L., Ben-Ezra, V., Biggerstaff, K.D. (2018) The Effect of Repeated Sprint Trials on Salivary Cortisol Response in Elite Female Soccer Athletes, TWU Student Creative Arts and Research Symposium, April 17-18, 2018. Texas Woman's University, Denton, Texas
- 3) **Oldham, M.D.**, Brisebois, M., Castleberry, T.J., Gordon, R., Guerin, G., Kayed, O., Rao, M., Simpson, A., Sokolowski, M., Zumbro, E.L., Ben-Ezra, V., Biggerstaff, K.D. (2018) The Effect of Repeated Sprint Trials on Salivary Cortisol Response in Elite Female Soccer Athletes, Experiential Learning Student Showcase, April 10, 2018. Texas Woman's University, Denton, Texas
- 4) **Oldham, M.D.**, Jabai, H. (2021) Development, Management, and Progression of Tactical Wellness Programs. National Strength and Conditioning Association Tactical Annual Training, August 6th, 2021, Norfolk, Virginia
- 5) **Oldham, M.D.**, Bellon, C., Larson, R., Henderson, N. (2022) Best Practices in Strength and Conditioning Collegiate Programs and the Role of Universities in Military Research, ARNG Holistic Health and Fitness Annual Training, Camp Robinson, Little Rock, Arkansas.
- 6) **Oldham, M.D.** (2024) The Effect of Whey Protein Isolate Supplementation on Cortisol Awakening Response, Heart Rate Variability, and Profile of Mood States in Recreationally Active Women. American Physiological Summit, April 5, 2024. Long Beach, California
- 7) **Oldham, M.D.**, Campbell, K. (2024) Hydration: Practical Approaches in the Stations. Georgia Southern Tactical Athlete Initiative – Peer Fitness Summit, May 1-3, 2024. Statesboro, Georgia.
- 8) **Oldham, M.D.** (2024) How Whey Protein Screwed Up the Day and Other Fun Stories in Biochemistry. 7-Minute Science Podcast Episode 113 – FireRescueWellness.org, June 24, 2024.
- 9) **Oldham, M.D.**, Jabai, H. (2024) Integrating Exercise Science Principles into Job-Simulation Testing Design for Firefighters. National Strength and Conditioning Association Tactical Annual Training, August 7th, 2024, Norfolk, Virginia

OTHER PRESENTATIONS

- 1) Texas A&M University – Commerce Lion Lecture Series – Heart Rate, A Beat of a Different Drummer, April 2023.

PROFESSIONALLY RELATED EXPERIENCE

- Head Woman's Soccer Coach – Richland College 1995 – 1996
- US Woman's National Soccer Team – Consulting Coaching Staff for Atlanta Olympics - 1996
- Olympic Developmental Program - State Team Coach 1997 - 1999
- Elite Club National League
 - Strength and Conditioning / Goalkeeper Specialist – FC Dallas 2013 – 2016
 - National Championship - 2016
- US Soccer Development Academy
 - Strength and Conditioning / Goalkeeper Specialist FC Dallas – 2017 - 2018
 - National Championship - 2018

PROFESSIONALLY RELATED SKILLS

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| • Data analysis – Daily Data Analysis for FC Dallas ECNL/DA | 2013 – 2018 |
| • Stress hormone salivary analysis techniques | > 100 hours analysis |
| • Heart rate variability application – Research and FC Dallas | 2013 – Present |
| • Sports nutrition and sports performance consulting - FC Dallas / SFuels | 2013 – Present |
| • OGTT, ELISA, YSI, spectrophotometry, PCR, Western Blot | 2016 – Present |
| • Maintain lab equipment - ParvoMedics Met Cart, DARI, COSMED | 2016 – Present |
| • Student Advising – TAMUC | 2020 – Present |
| • Endurance athlete nutritional fueling strategies – SFuels Coaching Director | 2020 – 2021 |
| • Tactical population and first responder research | 2020 – Present |

PROFESSIONAL MEMBERSHIPS

- American College of Sports Medicine
- American Heart Association Certified Instructor
- National Association of Strength and Conditioning
- Sigma Xi – Research Honor Society
- Texas Chapter – American College of Sports Medicine
- The National Society of Leadership and Success
- National Association of Kinesiology and Health Education
- American Physiological Society

HONORS & AWARDS

- 2019 – TAMUC Phi Pi Delta “Lion Heart Award”
- 2013 – Teacher of the Year – Rockwall High School
- 2011 – Most Inspirational Teacher Award – Rockwall High School
- 2010 – Most Inspirational Teacher Award – Rockwall High School
- 2002 – Most Inspirational Teacher Award – Rockwall High School

CERTIFICATIONS

- United States Soccer Federation – “B” License Lifetime
- American Heart Association Certified Instructor 9/2021
- Cooper Institute – Corrective Exercise Certificate Lifetime
- American College of Sports Medicine – Certified Personal Trainer 2013 – 2016

PROFESSIONAL COMMITTEES AND SERVICE

- TAMUC Kinesiology and Sports Studies 2018 – Present
- TAMUC HHP Scholarship 2021 – Present
- TAMUC Faculty Senate 2021 – 2024
 - Faculty Senate Awards Subcommittee 2022 – 2023
- TAMUC Nutrition 2021 – Present
- TAMUC Nutrition Professor – Search Committee Chair 2022
- TAMUC International Sport Mgt – Search Committee Member 2022
- TAMUC Representative for HHP Department – Athlete Recruiting 2018 – Present
- TAMUC Annual Research Symposium Judge 2023, 2024
- NAKHE Marketing & Membership Committee 2021 – 2022
- TAMUC Faculty Development Grant Committee 2023
- Texas ACSM Conference – Undergraduate Abstract Judge 2023 – Present
- Peer Reviewer – International Journal of Exercise Science 2023 – Present