



**Curriculum Vita**  
**November 2025**

**MICHAEL OLDHAM**

Nursing and Health Science • P.O. Box 3011 • Commerce, TX 75429 •  
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**PROFESSIONAL APPOINTMENTS**

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2022 – Present	Assistant Professor – Tenure Track East Texas A&M University
2021 – 2022	Instructor East Texas A&M University
2019 - 2021	Ad Interim Instructor East Texas A&M University Department of Health and Human Performance
2016 – 2019	Graduate Teaching Assistant Texas Woman's University Department of Kinesiology
2014 – 2019	Adjunct Faculty East Texas A&M University 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**

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

1984 – 1990

**B.A. in Exercise Science**

The University of Texas at Arlington, Arlington, TX

**TEACHING EXPERIENCE**

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***East Texas A&M University, 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, Winter 2025
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, Spring 2025
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
HHPK 497	Study Abroad	Summer 2025
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, Summer 2025
HHPK 593	Graduate Biomechanics	Spring 2023, Spring 2025

***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

## ***East Texas A&M University, Graduate Thesis and Honor's College Thesis Committees:***

### **Graduate Theses:**

- Cheyenne Martinez (Committee Chair): The Relationship Between Drop Vertical Jump Performance Variables and Knee Injury Risk Factors. Expected graduation August 2025.
- Chaehyun Byun (Committee Member): Energy Expenditure and Rating of Enjoyment During Dance Exergaming. Expected graduation August 2025.
- Marshall Tousant (Committee Member): 'Super Shoes' Alter Jump Kinematics, But Not Kinetics. Expected graduation August 2025.
- Francesca Aquilino (Outside Committee Member): Motor Reactivity Based on Playing Positions in American Football in Relation to Traumatic Brain Injury Incident Symptomology. Graduated March 2025, Università Cattolica del Sacro Cuore, Italy.
- 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.
- Cheyenne Martinez (Committee Chair): The Relationship Between Knee Injury Risk Factors and Performance Variables in Drop Jump Landing Mechanics. Graduated August 2025.
- Marshall Tousant (Committee Member): "Super" Shoes Do Not Alter Jump Kinetics. Graduated August 2025.
- Chaehyun Byun (Committee Member): Dance Exergaming Achieves Similar Energy Expenditure as Traditional Exercise with Greater Enjoyment Rate. Graduated August 2025.

### **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

#### **Outside University Scholarly Activity:**

- Yvonne Mballa (Outside Committee Member) – Doctoral Dissertation: Cameroonian Female Athletes' Challenges and Barriers Within Sport Leadership, Southern Nazarene University, Defended April, 2023.

#### **PEER-REVIEWED PUBLICATIONS**

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- 1) 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.
- 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 Effect of Exercise Pattern on Insulin Responses in Healthy, Young Males, *International Journal of Exercise Science: Conference Proceedings*, vol. 2, issue 10, 2018.

- 5) 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>
- 6) **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.
- 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>
- 8) Gerner, Shelby; Cavazos, Raquel J.; Byun, Chaehyun; Balderrama, Ernesto; Riffe, Austin; Tousant, Marshall; Martinez, Cheyenne; Aquilino, Francesca; Bernhardt, Vipa; **Oldham, Michael D.**; and Mitchell, Sarah (2024). The Effect of Lower Extremity Bilateral Asymmetries on Performance in Division I Soccer Players. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 16, Article 149.  
<https://digitalcommons.wku.edu/ijesab/vol2/iss16/149>
- 9) Tousant, Marshall; Aquilino, Francesca; Balderrama, Ernesto; Byun, Chaehyun; Cavazos, Raquel J.; Gerner, Shelby; Martinez, Cheyenne; Riffe, Austin; **Oldham, Michael D.**; and Bernhardt, Vipa (2024). 'Super' Shoes Do Not Affect Jump Performance. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 16, Article 126.  
<https://digitalcommons.wku.edu/ijesab/vol2/iss16/126>
- 10) Balderrama, Ernesto Jr; Cavazos, Raquel J.; Martinez, Cheyenne; Meek, Bryan G.; Jabai, Hussien K.; Bernhardt, Vipa; and **Oldham, Michael D.** (2024). Does 24-48 or 48-96 Promote Better REM Sleep Within Firefighters?. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 16, Article 53.  
<https://digitalcommons.wku.edu/ijesab/vol2/iss16/53>
- 11) Martinez, Cheyenne; Cavazos, Raquel J.; Aquilino, Francesca; Byun, Chaehyun; Balderrama, Ernesto; Gerner, Shelby; Riffe, Austin; Bernhardt, Vipa; and **Oldham, Michael D.** (2024). The Relationship Between Planar Biomechanical Adherence in Male Basketball and Football Players. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 16, Article 43.  
<https://digitalcommons.wku.edu/ijesab/vol2/iss16/43>
- 12) Byun, Chaehyun; Aquilino, Francesca; Balderrama, Ernesto; Cavazos, Raquel J.; Gerner, Shelby; Martinez, Cheyenne; Riffe, Austin; Bernhardt, Vipa; **Oldham, Michael D.**; and Jabai, Hussien K. (2024). Fitness Correlates to Firefighter Job Tasks. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 16, Article 42.

<https://digitalcommons.wku.edu/ijesab/vol2/iss16/42>

- 13) Riffe, Austin J.; Byun, Chaehyun; Cavazos, Raquel J.; Martinez, Cheyenne; Balderrama, Ernesto; Gerner, Shelby; Aquilino, Francesca; Bernhardt, Vipa; and **Oldham, Michael D.** (2024). Does Diet Self Efficacy and Stress Affect Body Composition in College Students?. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 16, Article 37.  
<https://digitalcommons.wku.edu/ijesab/vol2/iss16/37>
- 14) Aquilino, Francesca; Cavazos, Raquel J.; Balderrama, Ernesto; Byun, Chaehyun; Gerner, Shelby; Martinez, Cheyenne; Riffe, Austin; Bernhardt, Vipa; and **Oldham, Michael D.** (2024). Performance Predictors for Multi-Event Athletes. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 16, Article 32.  
<https://digitalcommons.wku.edu/ijesab/vol2/iss16/32>
- 15) Cavazos, Raquel J.; Aquilino, Francesca; Balderrama, Ernesto; Byun, Chaehyun; Gerner, Shelby; Martinez, Cheyenne; Riffe, Austin; Bernhardt, Vipa; and **Oldham, Michael D.** (2024). The Relationship between Shoulder Mobility and Upper Body Muscle Mass on 2-RM Bench Press Performance. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 16, Article 20.  
<https://digitalcommons.wku.edu/ijesab/vol2/iss16/20>
- 16) Gordon, R. A., Sokoloski, M. L., Zumbro, E. L., Irvine, C. J., **Oldham, M. D.**, & Morgan, N. (2024). Skeletal muscle fitness and physiology as determinants of firefighter performance and Safety: A Narrative Review. *Ergonomics*, 67(12), 1782–1792.  
<https://doi.org/10.1080/00140139.2024.2352719>
- 17) Jabai, Hussien; Justice, Micah; **Oldham, Michael D.**; and Bernhardt, Vipa (2025) Correlating Visuomotor and Cognitive Assessments to Marksmanship in Police Cadets. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 17, Article 58.  
<https://digitalcommons.wku.edu/ijesab/vol2/iss17/58>
- 18) Bakcha, Ouays; Martinez, Cheyenne; Byun, Chaehyun; Tousant, Marshall; Jones, Brian; Kramarenko, Veronika; McClain, Joseph; Bernhardt, Vipa; and **Oldham, Michael D.** (2025). Pilot Study: Effects of Resistance Training on DEXA and DARI Metrics in NCAA Division I Cross-Country Athletes. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 17, Article 48.  
<https://digitalcommons.wku.edu/ijesab/vol2/iss17/48>
- 19) Tousant, Marshall; Byun, Chaehyun; Martinez, Cheyenne; **Oldham, Michael D.**; and Bernhardt, Vipa (2025). 'Super' Shoes Alter Jump Kinematics, But Not Kinetics. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 17, Article 24.  
<https://digitalcommons.wku.edu/ijesab/vol2/iss17/24>
- 20) Kramarenko, Veronika; Bernhardt, Vipa; **Oldham, Michael D.**; Jones, Brian; Bakcha, Ouays; Byun, Chaehyun; Martinez, Cheyenne; McClain, Joseph; and Tousant, Marshall (2025). Body Composition Impacts Jump Performance in D1 Athletes. *International Journal of Exercise Science:*

*Conference Proceedings*: Vol. 2: Iss. 17, Article 17.

<https://digitalcommons.wku.edu/ijesab/vol2/iss17/17>

- 21) Byun, Chaehyun; Martinez, Cheyenne; Tousant, Marshall; Bernhardt, Vipa; **Oldham, Michael D.**; and Jabai, Hussien (2025). Anaerobic Capacity Predicts Firefighter Job Tasks. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 17, Article 16.  
<https://digitalcommons.wku.edu/ijesab/vol2/iss17/16>
- 22) Jones, Brian; Bakcha, Ouays; Byun, Chaehyun; Kramarenko, Veronika; Martinez, Cheyenne; McClain, Joseph; Tousant, Marshall; Bernhardt, Vipa; and **Oldham, Michael D.** (2025). Pre- to Post-season Changes in Body Composition and Movement Quality and Quantity in D1 Football Players. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 17, Article 14.  
<https://digitalcommons.wku.edu/ijesab/vol2/iss17/14>
- 23) Martinez, Cheyenne; Byun, Chaehyun; Tousant, Marshall; Jones, Brian; Bakcha, Ouays; Kramarenko, Veronika; McClain, Joseph; Bernhardt, Vipa; and **Oldham, Michael D.** (2025). The Relationship Between Drop Vertical Jump Performance Variables and Knee Injury Risk Factors. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 17, Article 13.  
<https://digitalcommons.wku.edu/ijesab/vol2/iss17/13>

## **CONFERENCE PRESENTATIONS**

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- 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 6<sup>th</sup>, 2021, Norfolk, Virginia



- 5) **Oldham, M.D.**, Jabai, H. (2022) Police Academy Physical Preparation: Expectation vs Reality. National Strength and Conditioning Association Tactical Annual Training, August 25th, 2022, San Antonio, TX.
- 6) **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.
- 7) **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
- 8) **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.
- 9) **Oldham, M.D.** (2024) Men’s Health – Simple Solutions, National Web Conference for Atrium Hospitality Services, Inc. June 5, 2024.
- 10) **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.
- 11) **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 7<sup>th</sup>, 2024, Norfolk, Virginia
- 12) **Oldham, M.D.** (2024) Men’s Health – 3 Keys to Fitness, National Web Conference for Atrium Hospitality Services, Inc. June 11, 2025.

## **OTHER PRESENTATIONS**

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- 1) East Texas A&M University Lion Lecture Series – Heart Rate, A Beat of a Different Drummer, April 2023.
- 2) East Texas A&M University Lion Lecture Series – The Olympics Through Four Lenses, September 2024.

## **PROFESSIONALLY RELATED EXPERIENCE**

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- 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    |
| • 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 |
| • HHP Study Abroad Co-Coordinator and Researcher                              | 2023 – Present |

### **PROFESSIONAL MEMBERSHIPS**

- 
- American College of Sports Medicine
  - American Heart Association Certified Instructor
  - National Strength and Conditioning Association
  - 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**

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- 2019 – TAMUC Phi Pi Delta “Lion Heart Award”

### **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

- National Strength and Conditioning Association – CSCS 2025 – Present

## **PROFESSIONAL COMMITTEES AND SERVICE**

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### **University and Department Service**

- Kinesiology and Sports Studies 2018 – Present
- HHP Scholarship Committee 2021 – Present
- Faculty Development Grant Committee – Ad Hoc 2023
- Faculty Senate 2021 – 2024
  - Faculty Senate Awards Subcommittee 2022 – 2023
  - Faculty Senate Secretary 2023 – 2024
- HHP Nutrition Committee 2021 – Present
- Annual Research Symposium Judge 2023 – Present
- Honor's Council 2024 – Present
- Graduate School Dissertation Defense Committee 2024 – Present
- ROARHP Lab Director 2025 – Present

### **Faculty Search Committees**

- HHP – Nutrition Assistant Professor – Committee Chair 2022
- HHP – International Sport Mgt – Committee Member 2022
- HHP – Department Chair – Committee Member 2025
- Nursing – Clinical Instructor – Committee Member 2025
- Sport & Rec Management – Faculty – Committee Member 2025

### **Advising and Liaison**

- Undergraduate Advising for Allied Health Track 2022 – Present
- ETAMU Scholar Mentor 2022 – 2023
- Representative for HHP Department – Athlete Recruiting 2018 – Present
- Allied Health Track – Program Director 2024 – Present

### **Community Service**

- Mane Event – HHP Representative 2021 – Present
- Admitted Students Day – HHP Representative 2021 – Present
- ETAMU Health Fair – Exercise is Medicine HHP Representative 2023 – Present
- Exercise is Medicine – Campus Health Event 2020 – Present
- Phi Pi Delta – Faculty Sponsor 2023 – Present
- HHP Running Club – Co-Sponsor 2020 – 2024
- Commerce FD Health Screenings – ROARHP Lab 2025 – Present
- ETAMU Police Academy – Cadet Fitness Coordination 2023 – Present
- Fire In Texas – Firefighter Cadet Fitness Coordination 2021 – Present
- Kinesiology Advisory Board – Organization and Implementation 2024 – Present
- HHP Graduate Faculty Representative – Commencement Summer 2025 – Present

### **National and Regional Professional Service**

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|--------------------------------------------------------|----------------|
| • NAKHE Marketing & Membership Committee               | 2021 – 2022    |
| • Texas ACSM Conference – Student Bowl Scorer          | 2022 – Present |
| • Texas ACSM Conference – Undergraduate Abstract Judge | 2023 – 2024    |
| • Texas ACSM Conference – Doctoral SRDA Grant Reviewer | 2025 – Present |
| • Texas ACSM Conference – Doctoral Abstract Judge      | 2025 – Present |
| • TAMU Huffines Institute – Affiliate Member           | 2024 – Present |