

## *Curriculum Vitae*

### **MICHAEL OLDHAM**

**Fall 2019**

Texas A&M University - Commerce  
Health and Human Performance Department  
Ad Interim Instructor  
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### **PROFESSIONAL INTEREST**

- To engage in research opportunities that support health and human performance impacts of:
  - o accumulated stresses of overtraining in youth athletes;
  - o and the effects of nutritional supplementation through nutraceutical programs on blood glucose levels.
- To gain knowledge and expertise in teaching Health, Human Performance, and Sports related courses through attendance and active participation as a member of Professional Organizations.
- To continue my association with The American College of Sports Medicine as a Certified Personal Trainer.
- To engage in activities and dialogue that will:
  - Bring about better student and teacher relationships,
  - Bring about better university and community relationships,
  - And aid in better departmental relationships.
- To enhance student learning through the use of a variety of teaching materials and resources.

### **CURRENT RESEARCH PROJECTS / INTERESTS**

#### **Primary Research Interest**

- Physiological Response to Repeated Physical Stress in Youth Athletes

#### **Ongoing Research Projects**

- Targeting Accuracy in Thermoneutral and Thermointensive Conditions
- The Effect of Exercise Pattern on Insulin Responses in Healthy, Young Males
- Accumulated Cortisol Response Compared to HRV and RESTQ in High Intensity Interval Training
- Exercise Pattern Timing Effects on Glycemic Response in Sedentary Populations

#### **Research Presentations**

- Oldham, M.D., Brisebois, M., Castleberry, T.J., Gordon, R., Guerin, G., Kaye, 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
- Oldham, M.D., Brisebois, M., Castleberry, T.J., Gordon, R., Guerin, G., Kaye, 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

- 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

### **Current Publications**

- 2018 International Journal of Exercise Science: Conference Proceedings
  - First Author:
    - 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.
  - Contributing Author:
    - 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.
    - 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.
    - 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. "Pilot Study: An Acute Bout of High Intensity Interval Exercise Increases 12.5 h GH Secretion." *Physiological Reports*, vol. 6, no. 2, 2018.
    - 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*. In Editorial Review Currently, 2018.

## **EXPERIENCE**

### **Educational**

Ad Interim, Health and Human Performance, Texas A&M-Commerce 2018 – Present

PhD Student – Texas Woman's Univ. 2016 – Present

Adjunct, Health and Human Performance, Texas A&M-Commerce 2014 – 2018

Full Time Teacher – Rockwall High School 1999 – 2013

Full Time Teacher – Highland Park High School 1996 – 1999

Graduate Teaching Assistant – Texas Woman's University 1994 – 1995 (Tennis, Soccer, Bowling)

### **Academic Courses Taught**

Activity Courses: Soccer, Volleyball, Tennis, Jogging  
HHPK Courses at Texas A&M University – Commerce:  
HHPK 250 – Individual Sport  
HHPK 251 – Team Sports  
HHPK 335 – Biomechanics  
HHPK 397 – Individual Exercise Instruction  
HHPK 172 – Human Body Systems  
HHPK 444 – Administration in Sport  
HHPH 331 - Nutrition

KINS Courses at Texas Woman's University:

KINS 4933 – Cardiac Rehabilitation Internship  
KINS 4943 – Corporate Fitness Internship  
KINS 3601 – Exercise Physiology Laboratory  
KINS 4601 – Exercise Prescription Testing Laboratory  
KINS 4701 – Graded Exercise Testing Laboratory

### **Professionally Related Experience**

Head Woman's Soccer Coach – Richland College 1995 – 1996  
US Woman's National Soccer Team – Guest 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

US Soccer Development Academy

- Strength and Conditioning / Goalkeeper Specialist FC Dallas – 2017 - 2018

### **Administrative**

Science Department Head – Rockwall High School 2005 - 2013

### **PROFESSIONAL ASSOCIATIONS AND HONORARIES**

American College of Sports Medicine  
American Heart Association  
Cooper Institute – Corrective Exercises  
National Academy of Sports Medicine  
Sigma Xi – Research Honor Society  
Texas Chapter – American College of Sports Medicine

### **HONORS, AWARDS, AND LISTINGS**

Most Inspirational Teacher Award – Rockwall High School 2002, 2010, 2011  
Who's Who in American Teachers 2006  
Teacher of the Year – Rockwall High School 2012-2013

### **COMMUNITY AND CIVIC ACTIVITIES**

Member of Our Savior Lutheran Church – Rockwall, Texas  
Member of “The Least of These” – Worship Team - Our Savior Lutheran Church