

**MICHAEL OLDHAM**  
*Curriculum Vitae*

Nursing and Health Science 141 • P.O. Box 3011 • Commerce, TX 75429 • [michael.oldham@tamuc.edu](mailto:michael.oldham@tamuc.edu)

**PROFESSIONAL APPOINTMENTS**

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Fall 2019 – present    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**

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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

1984 – 1990

**B.A. in Exercise Science**

The University of Texas at Arlington, Arlington, TX

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

Undergraduate		
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
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 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
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
HHPK 318/397	Individual Exercise Instruction	Fall 2019, Spring 2020, Summer 2020
HHPK 444	Administration of Kinesiology and Sports Programs	Fall 2015
HHPH 331	Nutrition	Fall 2018, Spring 2019, Summer 2019, Fall 2019, Spring 2020

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

Graduate thesis:

- Matt MacKenzie (committee member): Is Performance Being Bought? A Data Envelope Analysis of Professional Cycling. Expected Graduation December 2020.

Undergraduate honor's thesis:

- 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.

**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) 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.

- 6) 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.

### **SELECTED ABSTRACTS PRESENTED AT CONFERENCES (First-author only)**

- 1) **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
- 2) **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
- 3) **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, Experiential Learning Student Showcase, April 10, 2018. Texas Woman’s University, Denton, Texas
- 4) Virtual Presentation: **Oldham, M.D.**, Ben-Ezra, V.B., Biggerstaff, K.D, Duplanty, A.D. (2020) The Effect of Whey Protein Isolate Supplementation on Cortisol Awakening Response, Profile of Mood States, and Heart Rate Variability in Recreationally Active Women, May 2020. American College of Sports Medicine National Conference

### **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
  - National Championship - 2016
- US Soccer Development Academy
  - Strength and Conditioning / Goalkeeper Specialist FC Dallas – 2017 - 2018
  - National Championship - 2018

## **PROFESSIONAL MEMBERSHIPS**

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- American College of Sports Medicine
- American Heart Association Certified Instructor
- National Academy of Sports Medicine
- 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

## **HONORS & AWARDS**

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- 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**

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