

VITA

GARY L. ODEN

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PROFESSIONAL INTEREST

Health Awareness and Physical Fitness
Corporate Fitness
Exercise Physiology

EDUCATION

Ph.D. Physical Education, Texas A&M University, August 1987
Dissertation Title: The Effects of Employee Fitness
on Productivity, Absenteeism, and Health Care Cost
M.Ed. Physical Education, University of Mississippi, 1981
B.S. Physical Education and Health, University of North Alabama,
1980

PROFESSIONAL LICENSES

American College of Sports Medicine Exercise Test Technologist
Teaching Certificate, State of Alabama, Secondary Health, Physical
Education and History
CPR Instructor's Certificate

EXPERIENCE

Educational

Professor, Sam Houston State University, (2005-present)
Responsibilities include: Teaching in the graduate and undergraduate
kinesiology program; directing the Paul Vilardi Human Performance
Lab; and directing the student internship program.
Professor, Sam Houston State University, (2001-2005)
Responsibilities include: Coordinator of undergraduate and graduate
kinesiology program; directing Paul Vilardi Human Performance Lab;
and teaching in graduate and undergraduate kinesiology program.
Associate Professor, Sam Houston State University, (1995-2001)

(EXPERIENCE, cont'd)

graduate courses related to management and implementation of adult wellness programs; teaching exercise testing and prescription and other exercise science related courses; and directing the kinesiology majors and non-majors fitness for living courses.

Assistant Professor, Georgia College, (1987-1989)

Responsibilities included: Developing and directing the undergraduate exercise science (corporate wellness) degree program; developing the Human Performance Lab; and developing the Georgia College Center for Health and Fitness.

Graduate Assistant, Teaching, Texas A&M University, (1986-1987)

Graduate Assistant, Research, Texas A&M University, (1984-86)

Head Basketball Coach, Physical Education Teacher, Grassy Jr.

High School, Arab, Alabama (1982-1983)

Graduate Assistant, Teaching, University of Mississippi, (1981-1982)

Graduate Assistant, Intramurals, University of Mississippi, (1980-1981)

Professional

Consultant, Texas Life Insurance Company (a subsidiary of MetLife) (1998-1999). Responsibilities included the development of an employee wellness facility. Duties included cost-benefit analysis; facility development including facility layout and interior finishes proposal; equipment purchase recommendations; and staffing recommendations.

Development of the National Institute of Preventive Medicine (1995-1996).

Founder and co-director with Dr. Mathew Wagner. Duties include working with educators, physicians, attorneys, and other sports medicine personnel in the development of educational workshops targeting individuals seeking information concerning sports medicine and physical fitness. Currently the NIPM offers weekend workshops for education and certification opportunities.

Development of the Sam Houston State University Institute of Preventive Medicine (1994). Responsibilities included working with local physicians to determine the need and scope of programs.

Additionally, program goals and objectives were established, a marketing plan and brochure created.

Consultant, Huntsville Memorial Hospital, (1989-present)

Responsibilities include: The development of outpatient physical therapy and sports medicine. Duties have included collection and analysis of cost/profit data, facility planning, staffing, and writing of the proposal taken to the Hospital Board of Directors. In addition, duties have included assisting in community wellness events and conducting physiological assessments

Consultant, Westinghouse Employee Wellness Program, (1984-1992)

Responsibilities included: Assisting in program development and conducting program evaluations.

(EXPERIENCE, cont'd)

Consultant, The Wellness Center, Medical Center of Central Georgia
(1988-1989)

Responsibilities included: Advising of proper procedures for
physiological assessments.

Postdoctoral Internship, Medical Center of Central Georgia, Cardiac
Rehabilitation, (Summer 1988).

Assistant Director, Westinghouse Employee Wellness Program, (1986)

Responsibilities included: Responsible for the day to day
operation of the wellness program.

Consultant, Mitchell Energy Corporate Wellness Program, (1984)

Responsibilities included: conducting physical fitness assess-
ments on employees and recommending proper exercise prescriptions.

PROFESSIONAL DEVELOPMENT

Director of Education, American College of Sports Medicine, Texas
Chapter (1991-94)

Board of Directors, American Heart Association (1990-present)

Postdoctoral internship, Medical Center of Georgia, Cardiac
Rehabilitation, (Summer, 1988)

PROFESSIONAL ASSOCIATIONS

Texas Alliance for Health, Physical Education, Recreation and Dance

American Alliance for Health, Physical Education and Dance

American College of Sports Medicine

Texas American College of Sports Medicine

Association for Worksite Health Promotion (Association for Fitness
in Business)

Phi Epsilon Kappa

GRANTS

\$ 2,000 Received from Innovative fitness to study plyometric training
on

Agility, Dec. 2009

\$ 52,430 Received from Aker Kvaerner for the evaluation of their
employee health promotion program, March, 2003.

\$ 41,793 Received from Huntsville Memorial Hospital for the purchase of
laboratory equipment, October, 1995.

\$ 1,000 Received from Nautilus for Human Performance Laboratory
assistant scholarship, August, 1995.

\$ 500 Received from Entergy Incorporated for Human Performance
Laboratory assistant scholarship, February, 1996.

\$ 12,000 Equipment donation from Drs. Robert Hart and Susan Nelson,
June, 1994.

\$ 1,500 Received for Human Performance Lab Scholarship, August
1994.

\$ 21,200 Received from the Texas Department of Criminal Justice, 1992,
for the development of physiological qualifications for

correctional officers.

\$ 15,000 Equipment donation received from Sensor Medics Corp., Jan., 1993.

\$ 20,000 Received from Dr. Paul Vilardi, 1992, for the purchase of a metabolic cart.

(GRANTS, cont'd)

- \$ 2,047 Received from Huntsville Memorial Hospital, 1992, for the purchase of wellness software.
- \$ 2,250 Received from Huntsville Memorial Hospital, 1990, for the purchase of a blood chemistry analyzer.
- \$53,000 Received from City of Macon, Georgia, 1988, to implement wellness program for city workers.
- \$ 2,000 Received from the Association for Fitness in Business, 1985, for the investigation "The Effects of an Employee Fitness Program on Worker Productivity, Absenteeism, and Health Care Cost."
- \$ 3,000 Received from Westinghouse Corporation, 1986, for the investigation "The Effects of an Employee Fitness Program on Worker Productivity, Absenteeism, and Health Care Cost."
- \$ 250 Received from the Association of Former Students, Texas A&M University, 1986.
- \$ 780 Received from faculty research funds from Georgia College, 1987, for the investigation "Assessment for Cardiovascular Risk Factors Among Freshmen College Students."

SPECIAL PROJECTS

Developed WEBCOM, an on-line educational tool.

Developed the physiological standards for correctional officers for the state of Texas

Initiated the development of a wellness program for city employees of Macon, Georgia.

Developed wellness evaluation program for community members and students. This program has generated over \$30,000 profit for the Kinesiology Division since 1990.

Developed undergraduate and graduate fitness management curriculum including internship placement procedures and guidelines.

Served on various departmental, college and university committees.

Kappa Phi Nu (student kinesiology fraternity) faculty advisor.

Developed the Sam Houston Institute of Preventive Medicine.

Developed the Huntsville Memorial Hospital Sports Medicine Center.

PRESENTATIONS

Oden, G. Performance Enhancement. Presented at Encore Center for Sports Medicine and Rehabilitation. Birmingham, Alabama, June 2010.

Oden, G. Innovative programs for employee participation in Corporate Wellness, Presented at the Annual Hawaii International Conference on Education, Honolulu, January 2010.

Oden, G. and W. Hyman. Integrating Nutrition Education into Social Studies. Presented at AAHPERD, Salt Lake City, April, 2006.

Oden, G., E. Thomas and W. Hyman. The Answer Man. Presented at AAHPERD, Chicago, April, 2005.

(PRESENTATIONS, cont'd)

Oden, G. and W. Hyman. Little things add up: integrating math instruction

into a fitness and nutrition curriculum. Presented at AAHPERD, Chicago, April, 2005.

Oden, G. Cardiovascular disease and exercise. Presented at the Texas Licensed Vocational Nurses State Convention, Huntsville, TX, March, 1999.

Oden, G. Exercise and aging. Presented at the Texas Christian Women's Association meeting, Houston, TX, February, 1999.

Newberry, J. E., G. Oden and A. DeLeon. Reliability estimates of isokinetic angle-specific torque during ankleplantar flexion and dorsi flexion. Presented at the national meeting of the American Alliance for Health, Physical Education, Recreation and Dance. Reno, Nevada, April 1998.

Newberry, J. E., G. Oden, P. Merriman and J. Smith. Effects of velocity, strength, and gender on peak torque angle during isokinetic knee testing. Presented at the annual meeting of the American College of Sports Medicine. Orlando, Florida, June 1998.

Oden, G. Comparison of body composition assessment techniques. Presented at the Alabama Association for Health, Physical Education, Recreation and Dance, November, 1996.

, 1994 Oden, G., Crouse, S. F., and B. VanDuser. The cardiovascular requirements necessary for correction officers. Presented at AAHPERD, Denver, Colorado, April.

Oden, G. Blood lipid changes in women after 24 weeks of aerobic training. Presented at the Texas Chapter ACSM, February, 1994.

Case, R. & G. Oden. Pickelball. Presented at NASPE, Raleigh, North Carolina, September, 1993.

Oden, G. Proper techniques for fitness assessments. Presented at NASPE, Raleigh, North Carolina, September, 1993.

Oden, G., Hyman, B. and M. Wood. Comparison and accuracy of methods of estimating body composition. Presented at Southern District AAHPERD, Dallas, Texas, February, 1993.

Oden, G. Fitness assessments on a budget. Presented at the Texas Wellness Symposium. Houston, Texas, March, 1991.

Oden, G. Assessing the validity of bioelectrical impedance analysis. Presented at the Texas Association for Health, Physical Education, Recreation, and Dance. Lubbock, Texas, November, 1990.

Oden, G., E. Floyd-Bann and B. Hyman. Assessing cholesterol levels of college students. Presented at the Texas Association for Health, Physical Education, Recreation, and Dance. Lubbock, Texas, November, 1990.

(PRESENTATIONS, cont'd)

- Oden, G. & Hyman, B.. Teaching Nutrition and Fitness. Workshop presented for Region VI Education Service Center, College Station, Texas, July, 1990.
- Oden, G. & Bacharach, D. Comparison of methods for estimating residual volume for hydrostatic weighing. Presented at the National Association for Health, Physical Education, Recreation and Dance, Kansas City, Missouri, April, 1988.
- Oden, G. Corporate Fitness: Evaluating the Bottom Line. Presented at the Georgia Association for Health, Physical Education, Recreation and Dance, Jekyll Island, Georgia, April, 1988.
- Oden, G. The benefits of corporate wellness. Presented at National Working on Wellness conference, Orlando, Florida, March, 1987.
- Oden, G. Benefits derived from implementation of an employee wellness program. Presented at the Texas Wellness Workshop, January, 1987.
- Oden, G. The effects of an employee fitness program on worker productivity, absenteeism, and health care cost. Presented at the Texas Chapter ACSM, November, 1986.
- Bacharach, D., Oden, G., Smith, F., Newberry, J. & Crouse, S. Assessing body composition: Comparison of hydrostatic estimates. Presented at the Texas Chapter of the American College of Sports Medicine, November, 1985.
- Newberry, J., Bacharach, D. & Oden, G. Oxygen consumption as a primary cue for perceived exertion. Presented at the Texas Chapter of the American College of Sports Medicine, November, 1985.
- Oden, G., Bacharach, D., Newberry, J. & Crouse S. Comparison of prediction equations and open-circuit spirometry in assessing maximal oxygen consumption. Presented at the Texas Chapter ACSM, November, 1985.

REVIEWER

International Journal of Sports Medicine

BOOKS REVIEWED

ACSM'S Resources For Clinical Exercise Physiology, Lippincott, Williams & Wilkins
Physical Fitness: The Pathway to Healthful Living by Robert Hockey.
Mosby Year Book.
Concepts of Physical Fitness, Wm. C. Brown.
The Economic Impact of Worksite Health Promotion, Human Kinetics

PUBLICATIONS

Books

Oden, G and Hyman, W. WEBCOM e-book. 1st edition. Kendall/Hunt. ISBN# 0-7575-2525-3

Hyman, W., G Oden, D. Bacharach and R. Collins. (2001) Fitness for Living. 2nd ed. Kendall/Hunt, ISBN#0-7872-6881-0.*

Hyman, W., G Oden, D. Bacharach and R. Collins. (1999) Fitness for Living. 1st ed. Kendall/Hunt, ISBN#0-7872-5124-0.*

*Authorship was based on a random draw of names. Each author contributed equally to the final product.

Articles

Ursula, C. Baker, Edward M. Heath, Darla R. Smith, and Gary L. Oden. Development of Wingate Anaerobic Test for Highly-Trained Women. Journal of Exercise Physiology. Vol. 14, no. 1, April 2011

Joubert, Dustin, Gary L. Oden, and Brent Estes. The Effect of Elliptical Cross Training on VO2max of Highly trained Runners. International Journal of Exercise Science. Vol 4, iss 1, March 2011.

Hyman, W. , Oden, G. and Wagner, M. The aging Progress. Physiological Changes and Implications for educators and Practitioners. Journal of Activities, Adaptation and Aging. Vol 34, iss 2. March. 2011.

Oden, G. and M. Bass. "Pre-game Nutrition and Athletic Performance. Manuscript in preparation.

Oden, G. "Physical Fitness Training for Law Enforcement Officers." Manuscript prepared for the Texas Department of Criminal Justice. February, 2003.

Oden., G and D. Avans. "Training Youth Athlete." Applied Research in Coaching and Athletics Annual. Summer, 2001.

Oden, G. "Aging and Cardiovascular Disease." Aging. pp. 365-369, Spring, 2000.

Hyman, B. and G. Oden. "Let the Buyer Beware! Ideas for Improved Consumerism." Journal of Health Education. pp. 37-39, vol. 29, no. 1, Jan/Feb 1998.

- Grandjean, P., G. Oden and S. Crouse. "Lipid and Lipoprotein Changes in Women Following 6 Months of Exercise Training in a Worksite Fitness Program." Journal of Sports Medicine and Physical Fitness. March, 1996.
- Oden, G., B. Vanduser and S. Crouse. "Cardiorespiratory Requirements Necessary to Perform the Duties of Corrections Officers." Research Quarterly for Exercise and Sport, 65(2) S 1994.
- Hyman, B. and G. Oden. "Fostering Self-esteem in the Classroom." Journal of School Health, April, 1994.
- Oden, G. and B. Hyman. "Physiological Changes with Aging." Movement Analysis, 26(1) Spring, 1990.
- Oden, G., S. Crouse and C. Reynolds. "Worker Productivity, Job Satisfaction, and Work-related Stress: The Influence of an Employee Fitness Program." Fitness in Business. June, 1989.
- Oden, G. "The Effects of an Employee Fitness Program on Worker Productivity, Absenteeism, and Health Care Cost." Microform Publications College of Human Development and Performance, University of Oregon. December 1987.

(PUBLICATIONS, cont'd)

Oden G., D. Bacharach, J. Newberry and S. Crouse. "Comparison of Prediction Equations and Open-circuit Spirometry in Assessing Maximal Oxygen Consumption." Abstract in: 1985 Annual Meeting Texas Chapter of the American College of Sports Medicine. November, 1985.

Oden, G. "The Effects of an Employee Fitness Program on Worker Productivity, Absenteeism, and Health Care Cost." Abstract in: 1986 Annual Meeting Texas Chapter of the American College of Sports Medicine. November, 1986.

PROFESSIONAL SERVICE

Recreational Sports Advisory Committee, 1992-present.
University Development Committee, 1996-present.
University Wellness Committee, 1995-present
Graduate Council, 1992-present.
NCATE Task Force, 1994-96.
Numerous departmental committees, 1989-present.
Director of Education, American College of Sports Medicine, 1991-94.
Workshop conducted for Huntsville Independent School District, Huntsville, Texas, January, 1993.
Cardiovascular risk factor assessment conducted for retired teacher association, yearly since 1992.
Cardiovascular disease risk lecture conducted for the American Association for University Women. Huntsville, Texas, February, 1991.
Workshop conducted for Region VI Education Service Center on fitness and nutrition. College Station, Texas, July, 1990.
Conducted cardiovascular disease risk factors assessment for North Harris County Community College, March, 1991.
Member, Huntsville Memorial Hospital Speakers Bureau. (average three lectures annually for hospital)
Assistant, SHSU Faculty/Staff Wellness Program.

REFERENCES

Available upon request.