

Matthew Charles Wagner  
Assistant Professor  
Department of Health and Kinesiology  
College of Education

**Degrees Earned**

|                      |                 |                              |      |
|----------------------|-----------------|------------------------------|------|
| Doctor of Philosophy | Kinesiology     | Texas A&M University         | 1996 |
| Master of Arts       | Kinesiology     | Sam Houston State University | 1988 |
| Bachelor of Science  | Law Enforcement | Sam Houston State University | 1980 |

**Peer Reviewed Publications**

Wagner, M.C., Nix, W.E., & Oden, G.L. (2011). *Fundamentals of Weight Training*: Kendall Hunt.

Serio, J.D. & Wagner, M.C. (2010). Fit to lead: Physical fitness as a core component of leadership. *Corrections Today* (accepted for publication).

Hyman, B., Oden, G. & Wagner, M. (2010). The aging process: Physiological changes and implications for educators and practitioners. *Activities, Adaptation and Aging* 34 (2). pp. 148-153.

Wagner, M.C., McBride, R.E. & Crouse, S. (1999). The effects of weight training exercise on aggression variables in adult male inmates. *Prison Journal* 79 (1), pp. 72-89.

***Publications (in progress)***

Oden, G.L. & Wagner, M.C. (*To be published in 2011*). CUBE vs the Ladder: A comparison of two training modalities on agility and quickness.

Liepa, G.L. & Wagner, M.C. (*Data collection*). An investigation of the impact of behavioral change in diet and exercise on key biomarkers in a multicultural senior law enforcement population.

**Other Research Proceedings**

Wagner, M.C. (1993). Influence of the valsalva maneuver in selected cardiovascular responses during resistance exercise. Unpublished research.

Wagner, M.C. (1992). Pulmonary function, anaerobic power performance and cardiovascular response during calcium antagonism. Unpublished research.

Wagner, M.C. (1992). An analysis of the shot put utilizing the Vanguard Motion Analyzer. Unpublished research.

Wagner, M.C. (1991). Effects of caffeine on various physiological characteristics of isolated skeletal muscle. Unpublished research.

Wagner, M.C. (1988). A comparison of the effects of three different speeds of movement in weight training on muscular strength and muscular endurance. Unpublished research.

### **Peer-Review Presentations/Posters**

Wagner, M.C., Keathley, R.S. and Bass, M.A. (2007). Developing a social norm intervention promotion campaign for student-athletes enrolled in a division I-AA university”, Poster Presentation at the American College of Sports Medicine Annual Meeting. New Orleans, Louisiana.

### **Technical Reports**

Wagner, M.C., (2000). “Focus on Retention”. *Club Industry Magazine*, Pg. 6.

Wagner, M.C. (1995). The truth about sit-ups, body fat and waist reduction, Informational Publication.

### **Funded External Grants**

\$2,000 received from Innovative Fitness for the investigation of the effects of plyometric training on agility, December 2009.

### **Funded Internal Grants**

\$10,000 received from Law Enforcement Management Institute of Texas at Sam Houston State University for the investigation of the impact of behavioral change in diet and exercise on key biomarkers in a multicultural senior law enforcement population. 2010.

### **Work or Professional Experiences**

Assistant Professor, Sam Houston State University. 2009 – present

Teaching college classes, performing research and serving on committees as designated by the University.

Owner, Nautilus Health Center, Huntsville Texas, 1980- present

Bought and assumed management of a 5000 square foot Health Club in 1980. Expanded and built a 10,000 square foot facility in 1985. Expanded and built a 5000 square foot addition completed in 2004 (General Contractor).

Clinical Assistant Professor, Sam Houston State University, 2005- 2009

Teaching college classes as designated by the University.

Adjunct Teaching Assistant, Sam Houston State University, 1994 – 2005

Teaching college classes as designated by the University.

Director, National Institute of Preventive Medicine, 1994 – present

Co-Founded and directed a multi-disciplinary personal training workshop and certification organization. Conducted workshops and certified over 400 personal trainers. Developed and implemented fitness-related continuing education programs.

### **Presentations**

Wagner, M.C. (2004). “Remember the M.E.M.B.E.R.” International Health and Racquet Sports Association Institute for Club Management. Boston, Massachusetts.

Wagner, M.C. (2002). “Myth and superstition in exercise”. International Wellness Conference. Galveston, Texas.

Wagner, M.C. (2002). "Establishing an effective employee training program", Texas Health and Racquet Sports Association Staff Education Seminar. New Orleans, Louisiana.

Wagner, M.C., Cardone, D., Cooper, S., DeSimio, J., Dyer R. and Minton, M. (2004). "Expansion and renovation" Texas Health and Racquet Sports Association Annual Meeting. Dallas, Texas.

Wagner, M.C. (2000). "Small club success: competing with the big kids," International Health and Racquet Sports Club Business Conference, Orlando, Florida.

Wagner, M.C. (2000). "Solving small club problems" Club Industry Conference and Exposition for Health and Fitness Facility Management. Chicago, Illinois.

**Other Competencies**

Strength and Conditioning Specialist, USA Swimming Sports Medicine and Science Network 2009 – present