

## VITA

GARY L. ODEN, Ph.D

Department of Kinesiology

### EDUCATION

Ph.D. Applied Exercise Physiology, 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 Physical Education

Performance Enhancement Specialist, National Academy of Sports Medicine

Corrective Exercise Specialist, National Academy of Sports Medicine

### EXPERIENCE

#### Educational

Professor and Department Co-Chair, Sam Houston State University, (Fall 2016-Spring 2018)

Responsibilities include: Hiring faculty/staff, program development, budget development, preparing for graduate program reviews, supervision of faculty and staff.

Professor, Sam Houston State University, (2005-2016)

Responsibilities include: Teaching in the graduate and undergraduate kinesiology program; Directing the Paul Vilardi Human Performance; development of graduate curriculum

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)

Responsibilities include: Supervising graduate teaching assistants; teaching undergraduate and graduate courses related to management and implementation of adult wellness programs; teaching exercise testing and prescription and other exercise science related courses; directing the kinesiology majors and non-majors fitness for living courses; directing the Paul Vilardi Human Performance Laboratory and coordinating the kinesiology graduate degree programs.

Assistant Professor, Sam Houston State University, (1989-1995)

Responsibilities include: Teaching undergraduate and 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 degree program; developing the Human Performance Lab and developing the Georgia College center for Health and Fitness Performance Lab; and developing

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. 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 (1990-2008)

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

#### PROFESSIONAL ASSOCIATIONS

American College of Sports Medicine  
National Academy of Sports Medicine  
Phi Epsilon Kappa

#### RECENT GRANTS

Oden, G. (2011). Research grant awarded by C360 Training to study the  
effect of plyometric training on Speed and agility. Funded, \$2000 Grant #  
321-20-C190

Oden, G. and Hyman, W. Received from Aker Kvaerner for the evaluation of  
employee health promotion program, (2003 – 2006). Funded \$52,430 Grant  
# 126- 30-C224

## PUBLICATIONS

### Books

Hyman, W., Oden, G. (2018). Lifetime Health and Wellness. 2<sup>nd</sup> edition. Kendall Hunt. ISBN# 978-1-5249-5544-1

Crouse, S.F., Coast, J.R., Oden, G.L. (2017). Clinical Exercise Physiology Laboratory Manual. 3<sup>rd</sup> edition. Kendall Hunt. ISBN# 978-1-5249-7051-2

Hyman, W. and Oden, G. (2014). Lifetime Health and Wellness. 1<sup>st</sup> edition. Kendall Hunt. ISBN# 978-146-524-7414

Wagner, M., Oden, G., Sebesta, T., Nespeca, R. (2013) Strength Training for Health and Wellness, 1<sup>st</sup> edition Kendall Hunt. ISBN# 978-1-4652-1818-6

Crouse, S.F., Coast, J.R., Oden, G.L. (2012) Clinical Exercise Physiology Laboratory Manual. 2<sup>nd</sup> edition. Kendall Hunt. ISBN# 978-0-0034-3322-2

Wagner, M., Oden, G. Nix, B. (2011). Fundamentals of Weight Training. 1<sup>st</sup> edition. Kendall/Hunt. ISBN# 978-0-7575-8600-2

Crouse, S.F., Coast, J.R., Oden G.L., (2011) Clinical Exercise Physiology Laboratory Manual. 1<sup>st</sup> edition. Kendall Hunt ISBN# 978-0-0676-3234-1

Hyman, W., G. Oden, D. Bacharach, T. Sebesta, (2011) Fitness for Living. 4<sup>th</sup> edition Kendall/Hunt. ISBN# 978-0-7575-9110-5

Oden, G and Hyman, W. WEBCOM e-book. (2008) 1<sup>st</sup> edition. Kendall/Hunt. ISBN# 0-7575-2525-3

Hyman, W. G. Oden, Bacharach, D. Sebesta, T. (2007) Fitness for Living 3<sup>rd</sup> edition Kendell/Hunt, ISBN# 0-7872-6884-0

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.\*

### Articles

Glave, A. P., Didier J. J., Oden G. L., & Wagner, M. C. (2018). Caloric Expenditure Estimation Differences between and Elliptical Machine and Indirect Calorimetry. Exercise Medicine. DOI: 10:26644/em2018

Glave, A. P., Didier, J. J., Oden, G. L., Wagner, M. C., & Rivera, S. M. (2015) The relationship between body fat percentage and difference in caloric

expenditure as measured by indirect calorimetry and estimated by an elliptical trainer. Journal of Molecular Pathophysiology, 4(2), 65-68. doi: 10.5455/jmp.20150525021208.

Wagner, M., Oden, G. L., Glave, A. P., Hyman (2014). Development of Agility Utilizing a Multidimensional Modality of Plyometrics. Journal of Fitness Research. Vol 3 51-59.

Chapman, B., Oden, G., Wagner, M., and William Hyman. (2013) The effect of Activity Fees on the Participation of Students in Athletic Extracurricular Activities. Applied Research in Coaching and Athletics Annual. Vol. 28 pp. 131-142.

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

Joubert, D, Oden G, and Brent Estes. (2011). The Effect of Elliptical Cross Training on VO2max of Highly trained Runners. International Journal of Exercise Science. Vol 4, iss 1.

Hyman, W., Oden, G., Wagner, M. (2010) The Aging Process, Physiological Changes and Implications for Educators and Practitioners. Journal of Activities, Adaptation and Aging. Vol 34, iss 2

Oden, G. (2003) Physical Fitness Training for Law Enforcement Officers. Manuscript prepared for the Texas Department of Criminal Justice. For the development of fitness standards required for corrections officers

Oden, G and D. Avans (2001). Training Youth Athlete. Applied Research in Coaching and Athletics Annual. Vol 16, 56-61..

Oden, G. (2000) Aging and Cardiovascular Disease. Vol 12. 365-369,

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

Grandjean, P., G. Oden and S. Crouse. (1996). Lipid and Lipoprotein Changes in Women Following 6 Months of Exercise Training in a Worksite Fitness Program. Journal of Sports Medicine and Physical Fitness. Vol 23. 72-80.

Oden, G., B. Vanduser and S. Crouse. (1994). Cardiorespiratory Requirements Necessary to Perform the Duties of Corrections Officer Research Quarterly for Exercise and Sport, 65(2) S

Hyman, B. and G. Oden. (1994) Fostering Self-esteem in the Classroom. Journal of School Health, April.

Oden, G. and B. Hyman. (1990) Physiological Changes with Aging. Movement Analysis, 26(1) Spring,

Oden, G., S. Crouse and C. Reynolds. (1989). Worker Productivity, Job Satisfaction, and Work-related Stress: The Influence of an

Employee Fitness Program. Fitness in Business. June, 42-49

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.

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.

## PRESENTATIONS

Oden, G. How to improve Speed and Agility in Elite Athletes. Encore Sports Medicine and Rehabilitation, Birmingham, Alabama, June, 2013.

Oden, G. and W. Hyman. Incorporating Distance Learning into the Kinesiology. Samford University, Birmingham, AL. April, 2011.

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 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.

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 ankle plantar 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 requirement 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. Pickleball. 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.

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.

## 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 \$40,000 profit for the Kinesiology Division from 1990-2002.

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

Developed the Graduate Sports Management program

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.

## PROFESSIONAL SERVICE



I have served on more than 100 University, College and Department Committees over my career. These committees include Faculty Senate, Graduate Council, and NCATE. In addition, I have served as director of education for the American College of Sports Medicine, Texas chapter, and as a reviewer for several peer-reviewed journals. I can provide a complete list of my professional service upon request