

Matthew Charles Wagner  
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College of Health Sciences  
Sam Houston State University  
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### **Education**

Doctor of Philosophy                      Kinesiology  
Texas A&M University                      1996

Master of Arts                              Kinesiology – Corporate Fitness  
Sam Houston State University      1988

Bachelor of Science                      Criminal Justice - Law Enforcement  
Sam Houston State University      1980

### **Professional Experience**

2015 – present: Associate Professor, Sam Houston State University. Huntsville, Texas.  
Teaching college classes, performing research and serving on committees as designated by the University, College and Department.

2009 – 2015: Assistant Professor, Sam Houston State University. Huntsville, Texas.  
Teaching college classes, performing research and serving on committees as designated by the University, College and Department.

2013 – present: Senior Coach and Team Administrator, Huntsville Nadadores, GULF Swimming, USA Swimming, Huntsville, Texas.  
Established and maintaining USA Swimming team in Huntsville, responsible for all administrative tasks associated with running the team.

2001 – present: Coach, Head Coach, Huntsville Lakers Swim Team, Northwest Aquatic League, Summer League Swim team.  
Coached over 150 swimmers per year in summer league swimming, directed competitive swim meets.

1994 – present: Director, National Institute of Preventive Medicine, Huntsville, Texas  
Co-Founded and directed a multi-disciplinary personal training workshop and certification organization. Conducted workshops and certified over 500 personal trainers. Developed and implemented fitness-related continuing education programs.

2008-2013: Senior Coach, Aggie Swim Club, GULF Swimming, USA Swimming, Huntsville/College Station Texas.  
Instruct, coach and plan workouts for senior members of the Aggie Swim Club.

1980- 2013: Owner, Nautilus Health Center, Huntsville Texas,  
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). Sold club in 2013.

1980 – present: Personal Trainer, Huntsville Texas.  
Trained individuals desiring to improve their health and well-being. Specializing in working with individuals with various degrees of disabilities, focus on post-CVA (stroke) clients.

2005-2009: Clinical Assistant Professor, Sam Houston State University, Huntsville, Texas.  
Teaching college classes as designated by the University.

1994 – 2005: Adjunct Teaching Assistant, Sam Houston State University, Huntsville, Texas.  
Teaching college classes as designated by the University.

2003- 2009: Corporate Fitness Consultant, Mid-South Synergy, Navasota, Texas.  
Offered health and fitness programs and advice to employees, developed and conducted fitness programs and testing for administration and line employees

## **Published Articles**

Glave, A. P., Didier, J. J., Oden, G. L., & Wagner, M. C. (2018). Caloric expenditure estimation differences between an elliptical machine and indirect calorimetry. *Exercise Medicine*, 2(8), 1-5. doi: <https://doi.org/10.26644/em.2018.008>.

Wagner, M.C., LeNorman, D., Dooley, A., and Rollins, L. (2015) Recurrent rhabdomyolysis and extreme exercise- A case study. *Journal of Sports Medicine and Allied Health Sciences: Official Journal of the Ohio Athletic Trainers Association*: 1: (2), Article 3.

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.C., Oden, G.L., Glave, A.P. & Hyman, W.V. (2014). Development of agility utilizing a multidimensional modality of plyometrics. *Journal of Fitness Research* 3 (3), 49-59.

Wagner, M.C., Roper, E., Langlier, A. & Wagner, S.L. (2014). Performance improvement in swimming: A multi-disciplinary approach. *Journal of Swimming Research* 22 (1).

<http://www.swimmingcoach.org/journal/> [Coaching Application Article and Research Article]

Wagner, M.C. (2014). Learning from the past, applying to the future. *Club Industry*, November 12, 2014. <http://clubindustry.com/news/learning-past-applying-future-30-years-fitness-industry>.

Chapman, W.R., Oden, G.L., Wagner, M.C., Hyman, W.V. (2013). The effect of activity fees on the participation of students in athletic extracurricular activities. *Applied Research in Coaching and Athletics Annual*, 28, pp. 131-142.

Wagner, M.C. & Oden, G.L. (2012). The Characteristics and Tools Your Personal Trainers Should Possess. March, 2012 *Club Industry*.

Serio, J.D. & Wagner, M.C. (2010). Fit to lead: Physical fitness as a core component of leadership. *Corrections Today* (October, 2010), pp. 50-53.

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.

### **Published Books**

Wagner, M.C. & Serio, J.D. (2015). *Getting healthy: 50 lessons on physical fitness for law enforcement*. Austin, Texas: GTN Publishers.

Wagner, M.C., Oden, G.L., Sebesta, T.A., & Nespeca, R.A. (2013). *Strength training for total health and wellness*. Dubuque, Iowa: Kendall Hunt.

Wagner, M.C., Nix, W.E., & Oden, G.L. (2011). *Fundamentals of weight training*. Dubuque, Iowa: Kendall Hunt.

### **Published Peer Reviewed Abstracts**

Glave, A. P., Didier, J. J., Rivera, S.M., Wagner, M. C., & Oden, G. L. (2015). Difference in caloric expenditure measured by indirect calorimetry and estimated by elliptical increases over time. *Medicine & Science in Sports & Exercise*, 47(5S), 769. doi: 10.1249/01.mss.0000466156.84026.54 (ACSM Annual Meeting 2015).

Didier, J. J., Glave, A. P., Rivera, S. M., Oden, G. L., & Wagner, M. C. (2015). A comparison of caloric expenditure: Elliptical vs. indirect calorimetry. *Medicine & Science in Sports & Exercise*, 47(5S), 769. doi: 10.1249/01.mss.0000466156.84026.54 (ACSM Annual Meeting 2015).

Wagner, M.C., Keathley, R., & Sandlin, J. (2014). Sport Participation and Character Development. American College of Sports Medicine: Medicine and Science in Sports and Exercise, Vol 46 (5). Supp 355.

Wagner, M.C., Keathley, R & Sandlin, J. (2012). Athletic perseverance: Assessing perseverance attributes of athletes and non-athletes. American College of Sports Medicine: Medicine and Science in Sports and Exercise, Volume 44:5 Supplement.

Wagner, M.C., Keathley, R.S., & Bass, M.A. (2007). Developing a social norm intervention promotion campaign for student-athletes enrolled in a division 1-AA university. American college of Sports Medicine, Medicine and Science in Sports and Exercise Vol 39 (5),Supp 194.

### **Research Articles in Development**

Wagner, M.C. (2018). Healthy living for correctional employees. Submitted to Corrections Today. (*In review*)

Glave, A. P., Didier, J. J., Oden, G. L., Wagner, M. C., & Rivera, S. M. In progress. (2017). Caloric Expenditure Estimation Differences Between an Elliptical Machine and Indirect Calorimetry. Submitted to Exercise Medicine. (*In revision*).

Williams, M., Wagner, M., Davis, P. & Anderson, D. The relationship of speed, power and hamstring/quadriceps isokinetic strength ratios in collegiate sprinting athletes. *To be submitted for publication Spring 2018.*

Wagner, M.C. & LeNorman, D.L. A comparison of strength levels and quadriceps/hamstring strength ratio between dominant and non-dominant legs in female collegiate soccer players and female modern dancers (*in progress*).

Wagner, M.C. & Simpson, C. Swimming and Burnout – A wave of success? (*In progress*).

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

Wagner, M.C. & Hyman, W. Elderly, exercise and extrinsically motivating factors influencing participation. (*In progress*).

## **Grants**

### **University Funded Grants**

\$8700 received from the College of Health Sciences, Heart Rate Variability and Perceived Fatigue in Male and Female Collegiate Basketball Players. Co – Investigator Dustin LeNorman, MS, ATC, LAT. Student Member Tyler Mesecke.

\$8000 received from EUREKA for a Faculty and Student Teaching grant, project entitled “The relationship of speed, power and hamstring/quadriceps isokinetic strength ratios in collegiate sprinting athletes”. 2016.

\$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. #BBL-R-701-001. 2010.

### **Externally Funded Grants/Awards**

\$2,000 received from Innovative Fitness for the investigation of the effects of plyometric training on agility, Legacy: 321-20-C190, December 2009.

### **Grants Not Funded**

\$15,000 Prevention of injury in a beginning farmer – a movement analysis. Southwest Center for Agricultural Health, Injury Prevention and Education. Pannkuk, T. Anderson, M. & Wagner, M.C. (2014). Not funded

\$5000 Faculty Research Grant- Perceived versus actual risk of cardiovascular disease in a college aged population. Submitted to Office of Research and Grants, 2009, 2010, 2011, 2012, 2013. Not funded.

### **Grants Submitted**

\$8000.00 Faculty and Student Team Grant. (FAST Grant) .

\$499,182.00. Orthotics and Prosthetics Outcomes Research Program, Department of Defense, Co-Investigator, 9/1/2017-8/31/2020.

### **Technical/Non- peer Reviewed Reports**

Wagner, M.C. Running and weight training. Huntsville Item. January 6, 2016

Wagner, M.C. Beyond the race: Preparing for success. Huntsville Item, November 18, 2014.

Wagner, M.C. ITZ Magazine – Monthly fitness article – 2011 - 2012

Wagner, M.C. Mid South Synergy Coop Magazine – Focus on fitness. Monthly articles 2007-2010

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

### **Presentations- National**

Wagner, M.C. (2016). Healthy living for correctional employees. American Correctional Association Annual Meeting, New Orleans, LA.

Glave, A. P., Didier, J. J., Rivera, S.M., Wagner, M. C., & Oden, G. L. (2015). Difference in caloric expenditure measured by indirect calorimetry and estimated by elliptical increases over time. *American College of Sports Medicine Annual Meeting*. San Diego, CA: May 2015.

Didier, J. J., Glave, A. P., Rivera, S. M., Oden, G. L., & Wagner, M. C. (2015). A comparison of caloric expenditure: Elliptical vs. indirect calorimetry. *American College of Sports Medicine Annual Meeting*. San Diego, CA: May 2015.

Wagner, M.C. (2014). Building your Future. Northern Arizona University, Department of Kinesiology FW 320, Flagstaff, Arizona.

Wagner, M.C., Keathley, R., & Sandlin, J. (2014). Sport Participation and Character Development. Poster presentation at the American College of Sports Medicine Annual Meeting, Orlando, Florida.

Wagner, M.C., Keathley, R & Sandlin, J. (2012). Athletic perseverance: Assessing perseverance attributes of athletes and non-athletes. Poster presentation at the American College of Sports Medicine, Seattle, WA.

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.

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. (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.

### **Presentations – State/Regional**

Wagner, M.C. (2018). Training Facets that Affect Training Outcomes. The Whole Swimmer GULF LSC Coaches Clinic, La Toretta, Lake Conroe, Texas.

Wagner, M.C. (2017). Healthy Living for Correctional Employees. Focused Leadership Conference. Texas Department of Criminal Justice, Riverside, Texas.

Wagner, M.C. (2017). Law Enforcement Fitness. Sam Houston State University, Law Enforcement Management Institute of Texas, Leadership Command College, Huntsville Texas.

Wagner, M.C. (2016). Law Enforcement Fitness. Sam Houston State University, Law Enforcement Management Institute of Texas, Leadership Command College, Huntsville Texas.

Wagner, M.C. (2015). Physical Fitness for Law Enforcement Officers. Office of Inspector General Management Meeting. Huntsville, Texas.

Wagner, M.C. (2014). Law Enforcement Fitness. Sam Houston State University, Law Enforcement Management Institute of Texas, Leadership Command College, Huntsville Texas.

Wagner, M.C. (2013). Law Enforcement Fitness. Sam Houston State University, Law Enforcement Management Institute of Texas, Leadership Command College, Huntsville Texas.

Wagner, M.C. (2012). Law Enforcement Fitness. Sam Houston State University, Law Enforcement Management Institute of Texas, Leadership Command College, Huntsville Texas.

Wagner, M.C. (2011). Law Enforcement Fitness. Sam Houston State University, Law Enforcement Management Institute of Texas, Leadership Command College, Huntsville Texas.

- Wagner, M.C. (2010). Law Enforcement Fitness. Sam Houston State University, Law Enforcement Management Institute of Texas, Leadership Command College, Huntsville Texas.
- Wagner, M.C. (2009). Physical Fitness for Nurses. University of Texas Medical Branch, Texas Department of Criminal Justice, Huntsville, Texas.
- Wagner, M.C. (2009). Law Enforcement Fitness. Sam Houston State University, Law Enforcement Management Institute of Texas, Leadership Command College, Huntsville 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. & Minton, M. (2004). "Expansion and Renovation" Texas Health and Racquet Sports Association Annual Meeting. Dallas , Texas.

### **Presentations- Local**

- Wagner, M.C. (2017). Nutrition for All of Us. Hard Body Studios, Huntsville Texas.
- Wagner, M.C. (2017) .Guidance and Nutrition for SHSU Athletes. . LDB 201, Sam Houston State University, Huntsville, Texas
- Wagner, M.C. (2016) .Guidance and Nutrition for SHSU Athletes. . LDB 201, Sam Houston State University, Huntsville, Texas.
- Glave, A. P., Oden, G., Wagner, M., & Didier, J. (2014). Research exposure for all – Building a culture of research within your department. *2014 SHSU Teaching Conference*. Huntsville, TX: August 2014.
- Wagner, M.C. (2013). Building a Strong Core. Huntsville Memorial Hospital, Huntsville Texas.
- Wagner, M.C. (2013). Running Smart. Huntsville Memorial Hospital, Huntsville, Texas.
- Wagner, M.C. (2012). Physical Fitness for Law Enforcement. Huntsville Police Department, Huntsville Texas.
- Wagner, M.C. (2012). Body Fat and You. Alpha Omega Academy, Huntsville, Texas.
- Wagner, M.C. (2011). Intramurals and Alcohol: Do They Mix? Sam Houston State University 2011 Alcohol and Drug Summit, Huntsville, Texas.



Wagner, M.C. (2011). Maintaining Good Health! Huntsville Independent School District New Teacher Orientation, Huntsville, Texas.

Wagner, M.C. (2011). Physical Fitness for Law Enforcement. Huntsville Police Department, Huntsville Texas.

Wagner, M.C. (2011). "Why Exercise? Why Not!" Huntsville Memorial Hospital Wellness Kickoff Lecture series, Huntsville, Texas.

Wagner, M.C. (2009). Importance of Exercise and Fitness. Ranger Challenge Talk. SHSU ROTC Ranger Battalion, Huntsville, Texas.

Wagner, M.C. (2009). Fitness and Health. Huntsville Fire Department, Huntsville, Texas.

Wagner, M.C. (2008). "Its all about the T-shirt, but it really is not all about that at all". SHSU Triathlon Training presentation, Recreational Sports, Huntsville, Texas.

Wagner, M.C. (2007). The Importance of Core Strength and Weight Training. Words of Wellness, Huntsville Memorial Hospital, Huntsville, Texas.

## **Reviews**

British Medical Journal, Reviewer. Bilateral brachial rhabdomyolysis caused by push up exercises. April 2017.

International Journal of Exercise Science, Reviewer, Carbohydrate mouth rinse improves relative mean power during multiple sprint performance, December 2017.

## **Courses Developed for On Line Format**

KINE 5399/5386 EKG and Cardiac Conditions

KINE 5399 Sports Nutrition

KINE 5372 Youth Fitness

## **Courses Developed for Face to Face Format**

KINE 4314 Advanced Weight Training

## **Courses Taught**

Sam Houston State University

Undergraduate

HLTH 3385 Safety Education  
 KINE 1117 Lifetime and Individual Sports  
 KINE 2110 Aquatics  
 KINE 2114 Weight Training and Physical Conditioning  
 KINE 2115 Fitness for Living  
 KINE 2333 Honors Fitness for Living  
 KINE 3362 Biomechanics/Functional Kinesiology  
 KINE 3373 Physiology of Exercise  
 KINE 4335 Psychology of Coaching  
 KINE 4369 Adaptive Kinesiology  
 KINE 4373 Advanced Topics in Physiology of Exercise  
 KINE 4393 Principles and Practices of Adult Fitness Management

#### Graduate

KINE 5367 Advanced Physiology of Exercise  
 KINE 5372 Youth Fitness  
 KINE 5379 Adult Fitness Management  
 KINE 5393 Advanced Studies in Psychology of Sport  
 KINE 5395 Advanced Biomechanics  
 KINE 5399 Sport Nutrition  
 KINE 5399 EKG and Cardiac Conditions

### **University Service**

#### University Committees

Convocation Committee	2011-present
Vice Chair	2014- present
College of Allied Health Organizational committee	2012 - 2013

#### University Service

SHSU Football recruitment luncheon – guest speaker	2011 - 2017
Initiation and continued advancement of procedures for national accreditation of the Athletic Training program, Department of Kinesiology, Sam Houston State University	2012-present

#### College of Education Committees

COE Enrichment Fund	2012- 2013
COE Faculty Awards	2010 – 2012

Library Science Search committee	2012
Annual Fund Campaign Committee	2010
Chair of Departmental Committee	2011-2013

#### College of Health Sciences Committees

Annual Fund Campaign Committee – Co- Chair	2012 – 2016
Faculty Champion: Professionalism - Co Chair	2014-present
DPTAC – Dr. Amanda Scarbarough	2016- present
Meta Analysis Assessment Committee	2017

#### Departmental Committees

Safety (Chair)	2008-present
Emphasis on distributing and maintaining health advisory forms for activity classes, consolidate incident report forms, and focus on safety issues including KAT Safe program. Consulted with Deputy Director of University Police regarding protocols for active shooter and other emergency scenarios	
KINE Curriculum	2008 – present
Member of Curriculum committee advising on issues pertaining to Kinesiology Department curriculum. Reviewed possible changes to Kin 361/362 format	
Graduate Studies	2009 – present
Member of committee focusing on recruitment and curriculum of graduate students in both Exercise Science and Sport management.	
Health and Kinesiology Development	2009- present
Tasked with developing programs and offerings in both internal and external focus events in Health and Kinesiology	
Health Awards	2009 – 2014
Distribution of Health awards for the semester to deserving student(s)	
KINE 2115	2008- present
Evaluation of core course Fitness for Living. Assist in recruitment of qualified instructors, evaluation of course format and structure, and investigation of evaluation tools. Worked to maintain KINE 2115 as a core course in the SHSU curriculum.	
KINE Awards	2008 – present
Review and Distribution of Kinesiology awards and scholarships during semester to deserving students	
Health and Kinesiology Renovation Committee	2013- present

Develop plan for renovation of existing facility to meet future needs of  
Department, College and University

Departmental Service

KHRASH - Faculty Advisor 2012 – present

KINE Mentor Program 2010-present

Served as an advisor to various instructors in  
KINE 2115 Fitness for Living (Donovan Ross)  
KINE 2114 Weight Training, (Donovan Ross, A'trivy Thomas,  
Kyle Speer, Cali Wood, Omer Kaya)  
KINE 4377 Exercise Testing and Prescription (Dustin Lenorman)

Facilitated purchase of \$25,000 of new exercise equipment for exercise  
room utilized for KINE 2114 classes 2012

Volunteered to film commercial for SHSU Channel 7 –  
Eating for the Holidays, broadcast on Channel 7 2011

Graduate Thesis Committees

Jennifer Kennedy- A cross-sectional study of police officers' body mass index with  
comparisons based on assignment and time on the department- (in progress).

Community Service

Volunteer Official UIL Region 2 4A Track and Field Championships,  
Sam Houston State University 2012-2013

Non-paid Consultant, Health and Fitness, Huntsville Memorial Hospital 2010 - present

Elkins Lake Baptist Church  
Finance Committee  
Chair – 2004-2006  
Chair – 2009-2011  
Chair - 2013 – 201  
Long Range Planning Committee Member 2005-2007  
2012-2013

City of Huntsville, Nominated for Citizen of the Year 2011, 2013

USA Swimming	
Senior Coach and Team Administrator, Huntsville Nadadores Swim Club	2013
Senior Coach – Aggie Swim Club	2009 – 2013
USA Swimming	
Meet Director	
Senior Gulf Championship Meet	2009-2013
Speedo Sectional Swim Meet	2009- 2013
Chair, Safety Committee, GULF Swimming, USA Swimming,	2011- 2015
Huntsville Lakers- Summer League Swim Team	
Assistant Coach	2000-2004
Head Coach	2004 -2010
Director of Coaching	2012-present
<u>Professional Memberships</u>	
USA Swimming Sports Science Network Member	2009 - present
American College of Sports Medicine	2007 - present
USA Swimming	
Strength and Conditioning Specialist, USA Swimming Sports Medicine and Science Network	2009 - present
American Corrections Association	2015- present