

Brian Brabham, Ph.D., CSCS

EDUCATION

- 2009** Ph.D. Exercise, Nutrition and Preventive Health - Baylor University
2005 M.S.Ed. Exercise Physiology -Baylor University
1995 B.S.Ed. Health Sciences with an emphasis on Physical Therapy-Baylor University

WORK HISTORY

2021-Present-Associate Dean, School of Exercise and Sport Science, Professor of Exercise and Sport Science, Director of Freshman Seminar, Program Coordinator for Health Sciences

Teach graduate and undergraduate courses related to Exercise and Sport Science. Serve as Associate Dean in the School of Exercise and Sport Science and provide leadership for the school and health sciences program. Provide leadership for first year experience (First Year Seminar) through obtaining faculty, budgeting, and scheduling.

2018-2021-Professor of Exercise and Sport Science, Director of Freshman Seminar Program

Teach graduate and undergraduate courses related to Exercise and Sport Science. Provide leadership for first year experience (Freshman Seminar) through obtaining faculty, budgeting, and scheduling.

2015-2018 Associate Professor of Exercise and Sport Science (Tenured), Graduate Program Director for online Sport Administration Degree (through 2018). Director of Freshman Seminar Program (began spring 2019).

Teach graduate and undergraduate courses related to Exercise and Sport Science. Provide leadership for first year experience (Freshman Seminar) through obtaining faculty, budgeting, and scheduling.

2009-2015 Assistant Professor of Exercise and Sport Science, Graduate Program Director for online Sport Administration Degree, Co-Director of Freshman Seminar Program-University of Mary Hardin-Baylor

Teach graduate and undergraduate courses in various areas related to Exercise and Sport Science. Direct and evaluate online master of sport administration degree. Provide leadership for first year experience (Freshman Seminar).

2006-2009 Team Leader-Teaching and Learning-General Education

Team Leader in the Teaching and Learning General Education department at ESC Region 12. Oversaw the activities of 4 education specialists and provide budgetary guidance in the area of technology integration. Provided training in technology integration, curriculum alignment using technology, wellness and physical education. Served as Lead Facilitator for an ISO Quality Team.

2004-2006 Lead Technology for Instruction Specialist

Lead Specialist in the department of Technology for Instruction at ESC Region 12. Worked with educators from 78 school districts and 11 charter schools to enhance classroom instruction via the use of technology. Worked with 32 school districts who contributed their Title II Part D funds to ESC Region 12. In addition to these out-of-house duties, worked with other education specialists to assist in the development of online learning modules and the maintaining of staff web pages.

2002-2004 Education Specialist

Education Specialist in Health, PE, and Wellness and Education Service Center Region 12 in Waco, Texas. Worked with Education Specialist in Elementary and Secondary Science in the preparation and conducting of TAKS Academies.

2000-2002 Science Teacher/Coach

IPC, Biology, and Physics teacher at Bosqueville High School. Served as the head boy's and girl's track coach, head boys and girls cross country coach, assistant football coach, coaching the defensive line, and assistant powerlifting coach.

1995-2000 Science Teacher/Coach

Held position as an AP Physics and Physical Science teacher, and an assistant football, head track coach and head

cross country coach at Groesbeck High School in Groesbeck Texas.

COURSES TAUGHT at UMHB

Introduction to Exercise Science
Activity Methods for Majors
Test and Measurement in Exercise Science
Personal Health and Fitness
Advanced Statistics and Applied Research-Graduate Course
Principles and Techniques of Strength Training and Conditioning-Graduate Course
Advanced Resistance Training
Advanced Cardiovascular Training (Run, Swim, Spin)
Anatomical Kinesiology
Weight Training
Principles and Techniques of Strength Training and Conditioning-Undergraduate Course
Exercise Physiology 1
Sport Nutrition
Prevention and Care of Athletic Injuries
Lifespan Nutrition
Advanced Olympic Lifting
CruFit Bootcamp
Introduction to Health Sciences
Internship in Exercise Science (Sport Administration Graduate Program)
Lifetime Fitness
Freshman Seminar

Dissertation Committee Work

Melissa Gonzales, *Leadership Identity Formation in Women College and University Presidents*, 2019 (Committee Member)

Lamar Collins- *Identifying Academic, Social, Emotional, and Involvement Strategies of Successful College Freshmen*, 2018. (Committee Chair)

Committee Work

2024	UMHB QEP Council
2022	Strategic Planning Team Manager
2020-Present	Parliamentarian of UMHB Faculty Council
2017-2018	President of UMHB Faculty Council
2016-2017	President Elect of UMHB Faculty Council
Present	Member of QEP Oversight Committee
2013-17	Member of Student Development Committee
2011-2015	Co-Chair, Quality Enhancement Plan Committee for SACS reaffirmation.
2010-2013	Member of Educational Technology Committee
2010-2011	Chair, New Faculty Orientation Committee

INTERESTS & ACTIVITIES

Running
Weight Training
Golf
Triathlon

COMMUNITY SERVICE

Elder-Brazos Meadows Baptist Church
Marriage Mentor for Brazos Meadows Baptist Church

COMPUTER SKILLS

SPSS
DEXA
BIA
Camtasia
Blackboard
Canvas LMS

LICENSES & CERTIFICATES

NSCA Certified Strength and Conditioning Specialist (CSCS)
Online Learning Consortium Certificate in Online Teaching
CPR/First Aid
Composite Science Teacher Certified (Texas)
Certified Teacher in Biology and Physical Science (Texas)

GRANTS RECEIVED

2016—UMHB Faculty Development Grant-\$4,100

Obtain Online Learning Consortium (OLC) Online Teaching Certification.

2013-UMHB Graduate Faculty Research Grant-\$5,150

Study to compare the effects of autoregulatory progressive resistance exercise vs traditional periodization in older women

2012-UMHB Faculty Development Grant- \$7,000

Investigate online course development and create online/hybrid course in EXSS

2009-Graduate Faculty Research Grant- \$-\$7,568

Investigate the effects of whey vs. casein protein ingestion combined with resistance training in older women.

2007-2009 STAR Grant (School, Teachers, Administrators, Regions) - \$454, 000

Grant utilized to improve technology integration in high need school districts.

PUBLICATIONS

Zaragoza, J., J. Prather, S. Urbina, **B. Brabham**, C. Rex, V. Kreipke & L. Taylor. Twelve Weeks of Nitrate, Beta-alanine or Combined Treatment in NCAA Division III Male Soccer Players. *International Journal of Exercise Science: Conference Proceedings*. Vol. 2(12); Article 15, 2020.

Stone, M, Gray, R, Green, N, **Brabham, B.** *Changes in Body Composition, Muscular Performance, and Free Testosterone Following 12-Weeks of an APRE Program in Middle-Aged Men (35-55)*, 2019. Submitted to the *Journal of Strength and Conditioning Research* (under review-revisions submitted).

Cooke, M, **Brabham, B**, Kreider, R, Greenwood, M, Hudson, G, Shelmadine, B, Stathis, C, Willoughby, D, Buford, T. *Creatine Supplementation Post-Exercise Does Not Enhance Training-Induced Adaptations in Middle to Older Aged Males*. *European Journal of Applied Physiology*, 2014. Jun: 114(6). Epub Mar 16 2014.

Urbina, Stacie L, White, Andrew, Shaw, Josh, Wilborn, Colin, **Brabham, Brian**. *The Effects of Post-Exercise Whey vs. Casein Protein Ingestion on Muscular Strength, Muscular Endurance, and Body Composition in Older Women (50-70 years of age)*. *Journal of the International Society of Sports Nutrition*, 2011, 8 (Suppl 1): P27

Matthew J. McPheeters, **Brabham, Brian**; Buford, Thomas; Shelmadine, Brian; Hudson, Geoffrey; McPheeters, Matthew; Moreillon, Jen; *Effects of Creatine Supplementation and Resistance Training on Body Composition and Strength in Older Individuals* *Medicine & Science in Sports & Exercise*: May 2010 - Volume 42 - Issue 5.

Matthew J. McPheeters, Shelmadine, Brian; **Brabham, Brian**; Hudson, Geoffrey; Buford, Thomas; McPheeters, Matthew; Moreillon, Jen, *Effects Of Creatine Supplementation And Resistance Training On Skeletal Muscle Hypertrophy In Older Individuals* ,*Medicine & Science in Sports & Exercise*: May 2010 - Volume 42 - Issue 5

Presentations

2021 40th Annual Conference on the First Year Experience-Peer Mentor Utilization During a Pandemic-Freshman Seminar at the University of Mary Hardin-Baylor

2020 -Zaragoza, J., J. Prather, S. Urbina, **B. Brabham**, C. Rex, V. Kreipke & L. Taylor. Twelve Weeks of Nitrate, Beta-alanine or Combined Treatment in NCAA Division III Male Soccer Players. Texas Chapter of American College of Sports Medicine. Waco, TX. 2020.

2018-NSCA Coaches Conference. Training the Multi-Event Track and Field Athlete (Charlotte, NC)

2016 35th Annual Conference of the First Year Experience- The Faculty-Peer Mentor Relationship at UMHB. (Orlando, FL)

2015 34th Annual Conference of the First Year Experience- First Faculty Meets First Family: Creating a Unique First Year Experience. (Dallas, TX)

May 2015-Presented to First Year Faculty at Louisiana State University at Alexandria on the topic of how Freshman Seminar was implemented at UMHB.

2015 National Strength and Conditioning Association National Conference-Multilateral Development of the Youth Athletes (Orlando, FL)

2013 National Strength and Conditioning Association National Conference. Presented with former graduate student Lee Munn on the effects of an Autoregulatory Progressive Resistance Exercise Program and the Cru Football team. (Las Vegas, NV)

Journal/Textbook/Grant Reviewer

Journal of Strength and Conditioning Research

National Strength and Conditioning Association Foundation Grant

Lippincott Williams & Wilkins

McGraw-Hill

Cengage

Journal of Sport Sciences

The Journal of Sport

National Resource Center for the First Year Experience and Students in Transition

AWARDS RECEIVED

2014 University of Mary Hardin-Baylor Excellence in Scholarship Award

2006 W. Read and Mary Wood Dawson Scholarship-Baylor University

1995 GTE Southwest Conference Academic Honor Team

1993 Outstanding Field Event Performer-Baylor Track and Field

1991-1995 Southwest Conference Commissioner's Honor Roll

PERSONAL ACHIEVEMENTS

2012 Finalist for UMHB Piper Award.

1995 Baylor University Track and Field, Fourth Place at Southwest Conference Decathlon Championships. Baylor University Student Athlete Advisory Committee member, GTE Southwest Conference Academic Honor Team selection, Baylor University Track and Field team captain.

1994 Baylor University Track and Field, Fourth Place at Southwest Conference Decathlon Championships. Decathlon 400 meters and 1500 meters champion at Southwest Conference Championships. Baylor University Student Athlete Advisory Committee member.

1993 Baylor University Track and Field, Seventh Place at Southwest Conference Decathlon Championships. Outstanding Field Event Performer, Baylor University Track and Field

1992 Baylor University Track and Field, Seventh Place at Southwest Conference Decathlon Championships.