

# G. RICHARD GRIMES

## CURRICULUM VITA

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Residence:  
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Office:  
Department of Exercise & Sport Science  
University of Mary Hardin-Baylor  
Belton, Texas 76513  
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### EDUCATIONAL BACKGROUND

Doctor of Education  
December 1982

University of Houston  
Area of Study: Measurement and Evaluation

Master of Education  
May 1977

University of Houston  
Area of Study: Physical Education

Bachelor of Science  
May 1975

Baylor University  
Major: Physical Education  
Minor: Mathematics

### PROFESSIONAL EXPERIENCE

August 2002  
Present

**University of Mary Hardin-Baylor**  
Belton, Texas  
Assistant Professor  
Department of Exercise and Sport Science  
Director of Teacher Certification Program for EXSS Dept.

Courses Taught:

Child and Adolescent Skills (pedagogy)  
Low Organized Skills (pedagogy)  
Introduction to EXSS (pedagogy portion)  
Musical Movement (pedagogy)  
Adapted and Therapeutic EXSS  
Measurement and Evaluation  
Kinesiology / Biomechanics  
Senior Seminar (TExES Examination preparation)  
Modified Physical Education (special needs students)  
Principles of Physical Fitness  
Weight Training  
Angling

August 2000 to  
August 2002

**Tyler Junior College**  
Tyler, Texas

Department of Physical Education

Courses Taught:

Required Physical Education Activity Classes (see below)

Introduction to Physical Education

Community First Aid and Safety

Assisted with Outdoor Education Program

June 1999 to  
August 2000

**Barnett Contracting**

Waco, Texas

Manager of Residential Site Work Division

August 1988 to  
June 1999

**Tomball College**

Tomball, Texas

Professor, Physical Education

North Harris – Montgomery Community College District

Department of Physical Education

Courses Taught:

Required Physical Education Activity Classes (see below)

Introduction to Physical Education

Community First Aid and Safety

Assisted with Outdoor Education Program

Basic Statistics in Psychology

Introductory Algebra

Intermediate Algebra

January 1988 to  
May 1988

**San Jacinto College**

Pasadena, Texas

Instructor, Physical Education (return to previous position)

Courses Taught:

Required Physical Education Activity Classes (see below)

July 1986 to  
January 1988

**Barnett Contracting**

Waco, Texas

Job Superintendent, \$500,000 project

August 1983 to  
July 1986

**Schriener University**

Kerrville, Texas

Assistant Professor, Exercise Science

Courses Taught:

Concepts of Physical Education (4 course sequence)

Measurement and Evaluation

Theory and Methods of Individual Activities (pedagogy)

Theory and Methods of Team Activities (pedagogy)

Kinesiology and Biomechanics

Motor Learning and Development

Introduction to Exercise Science

August 1980 to  
August 1983

**San Jacinto College**

Pasadena, Texas

Instructor, Physical Education

Courses Taught:

Required Physical Education Activity Classes (see below)  
Introduction to Physical Education  
Community First Aid and Safety  
Introduction & Intermediate Algebra

August 1978 to  
August 1980

**University of Houston**

Houston, Texas

Graduate Assistant, Physical Education  
Education Research Laboratory Assistant

Courses Taught:

Required Physical Education Activity Classes (see below)  
Track Coaching  
Track Skills

August 1977 to  
August 1978

**Nautilus of America, Inc.**

Houston, Texas

Director of Training

Responsibilities:

Development of Training Program and Training Manual for Sales  
Staff and Customer Service Personnel  
Personnel Director for Customer Service Personnel

August 1976 to  
August 1977

**Cedar Hill ISD**

Cedar Hill, Texas

Teacher Coach

Courses Taught:

Mathematics

Coaching Duties:

Football  
Basketball  
Track

August 1975 to  
August 1976

**University of Houston**

Houston Texas

Graduate Assistant, Physical Education

Courses Taught:

Required Physical Education Activity Classes (see below)

**Activity Courses Taught within Physical Education**

Aerobic Dance  
Angling  
Badminton  
Basic Scuba (assisted Certified Instructor)  
Basketball  
Bowling  
Country and Western Dance  
Fitness Concepts of Physical Education  
Golf  
Handball  
Racquetball  
Tennis  
Weight Training

**Professional Courses Taught Within Physical Education**

Adapted and Therapeutic Physical Education  
Childhood Skills  
Childhood and Adolescent Skills  
Introduction to Physical Education  
Kinesiology and Biomechanics  
Low Organized Activities  
Measurement and Evaluation  
Modified Physical Education  
Motor Learning  
Musical Movement  
Research and Advanced Statistics (graduate)  
Senior Seminar  
Theory and Methods of Individual Activities  
Theory and Methods of Team Activities  
Track Coaching  
Track Skills

**Professional Courses Taught Outside of Physical Education**

Basic Statistics in Psychology (9 years)  
Introductory Algebra  
Intermediate Algebra

**Other Employment Opportunities**

**IBM Corporation 1981**

Part Time Director of Executive Fitness Program for IBM Corporation at the University of Houston  
Clear Lake

**Kelsey-Seybold Clinic, Houston, Texas, 1980**

Research Assistant under the direction of Earl F. Beard, M. D., Chief of Cardiology

**Workshops Taught:**

International Dance-Exercise Association Foundation

Workshop for National Certification Examination, San Antonio, Texas, May and September, 1986.

L.D. Brinkman Corporation, Kerrville, Texas

Strength Training and Fitness, 1986

University of Houston

Statistical Package For the Social Sciences, Education Research Center, 1979

University of Houston

Basketball, Defensive Techniques and Strategies, 1979.

San Jacinto College

Test Construction and Analysis: Faculty Workshop, 1983.

**PEER-REVIEWED PUBLICATIONS**

- 2006 Pohl, J., Anding, J., Wong, W., **Grimes, R.**, Varni, J., Olvera, N., Bush, N., Butte, N., O'Rear, J., Rajab, H., Watts, M., Kim, H., Booth, T., Kjar, D., Burwinkle, T., Wilson, D., Klish, W. **Pediatric Obesity in Texas: Does the Texas Public School Nutrition Policy Affect Child Nutrition?** Texas Medicine, 2006, 102, (10), 47-57.
- 1983 Beard, E.F., J.A. Garcia-Gregory, W.G. Squires, A.S. Jackson, & G.R. Grimes. **Prediction of Future Resting Hypertension From Blood Pressure.** Journal of Cardiac Rehabilitation, 1983, 3, (4), 263-268.

## PEER-REVIEWED CONFERENCE PROCEEDING PUBLICATIONS

- 1984 Grimes, G.R., A.S. Jackson, W.G. Squires, & E.F. Beard. **Factors Related to Exercise Blood Pressure.** . Medicine and Science in Sports and Exercise, 1984, 16(2), 149 (Abstract).
- 1983 Grimes, G.R., A.S. Jackson, W.G. Squires, & J. Studeville. **Accuracy of Measured and Predicted Heart Rate for Quantifying Exercise Intensity.** . Medicine and Science in Sports and Exercise, 1983, 15(2), 155 (Abstract), 1983.
- 1982 Grimes, G.R., A.S. Jackson, W.G. Squires, & E.F. Beard. **Exercise Blood Pressure as a Function of Gender.** Medicine and Science in Sports and Exercise, 1982, 14(2), 187 (Abstract).
- 1981 Beard, E.F., J.A. Garcia-Gregory, W.G. Squires, A.S. Jackson, & G.R. Grimes, **Exercise Hypertension: A Precursor of Sustained Resting Hypertension.** Medicine and Science in Sport and Exercise., 1981, 13, (2), 187 (Abstract).

## PROFESSIONAL PRESENTATIONS

- 2005 Grimes, G.R. and P.J. Ernest. **Combined Community Efforts to Address Childhood Obesity: A Route to a Successful PEP Grant.** Presentation to the National Association of Sport and Physical Education, National Grant Writer's Conference, July, 2005.
- 2004 Grimes, G.R. and P.J. Ernest. **Healthy People 2010: A School and Community Approach to Wellness.** Presentation to the Texas Association for Health, Physical Education, Recreation, and Dance, Annual Meeting, 2004.
- 2004 Ernest, P. J. and G. R. Grimes. **Collaboration of a Community Coalition to Affect Change in Childhood Obesity.** Presentation to the Department of State Health Services, Summit on Cardiovascular Disease, Austin, Texas, October, 2004.
- 2003 Plunk, J.R. and G.R. Grimes. **The Food Exchange Program.** Presentation to the Texas Association for Health, Physical Education, Recreation, and Dance, Annual Meeting, 2003.
- 2003 Grimes, G.R. **Test Construction and Analysis.** Presentation to the Texas Association for Health, Physical Education, Recreation, and Dance, Annual Meeting, 2003.
- 2002 Caddell, J.R. and G.R. Grimes. **Steps in the Development of a Standardized Testing Instrument for Cognitive Evaluation of Leadership Candidates of the Wilderness Education Association,** Presentation to the Wilderness Education Association Annual Meeting, 2002.
- 2001 Grimes, G.R. and J.R. Caddell. **Development of an Outdoor Education Curriculum in the Community College.** Presentation to the National Institute of Schools and Organizational Development, Annual Meeting, 2001.

- 1984 Grimes, G.R., A.S. Jackson, W.G. Squires, & E.F. Beard. **Factors Related to Exercise Blood Pressure.** Presentation to the American College of Sports Medicine Annual Conference, 1984.
- 1983 Grimes, G.R., A.S. Jackson, W.G. Squires, & J. Studeville. **Accuracy of Measured and Predicted Heart Rate for Quantifying Exercise Intensity.** Presentation to the American College of Sports Medicine Annual Conference, 1983.
- 1982 Grimes, G.R., A.S. Jackson, W.G. Squires, & E.F. Beard. **Exercise Blood Pressure as a Function of Gender.** Presentation to the American College of Sports Medicine Annual Conference, 1982.
- 1981 Beard, E.F., J.A. Garcia-Gregory, W.G. Squires, A.S. Jackson, & G.R. Grimes, **Exercise Hypertension: A Precursor of Sustained Resting Hypertension.** Presentation to the American College of Sports Medicine Annual Conference, 1981.
- 1981 Grimes, G.R., A.S. Jackson, W.G. Squires, & E.F. Beard. **Toward a Definition of Exercise Hypertension.** Poster Presentation, Texas Chapter of the American College of Sports Medicine Annual Meeting, 1981.
- 1981 Grimes, G.R., & A.S. Jackson, **The Relationship Between Body Composition and Speed of Movement of College Football Players.** Poster presentation, Texas Association for Health, Physical Education, Recreation, and Dance, Annual Meeting, 1981.

## THESIS AND DISSERTATION

- Thesis:  
 1977 Grimes, G.R. **The Relationship Between Body Composition and Speed of Movement of College Football Players.** University of Houston, 1977.
- Dissertation:  
 1982 Grimes, G.R. **Systolic Blood Pressure Response to Exercise: Cross-Sectional Analysis of a Clinical Cohort.** University of Houston, 1982.

## CURRENT RESEARCH INTEREST

### Physical Activity and Childhood Obesity

Belton ISD PEP Grant

Scott and White Hospital  
 Edible Schoolyard  
 Pod Fitness

## GRANTS

- 2004-2007 **Carol M. White Physical Education Program Grant (\$614,000)**  
**(PEP) Department of Education "Project Activity"** Submitted with Pamela J. Ernest, Belton I. S. D., Belton, Texas, 2004 – 2007.

In an effort to address the issues of childhood obesity, **Project Activity** is a three year, \$614,000 grant designed to restructure the Kindergarten – 12th grade Physical Education Program of Belton ISD to include a Developmental Approach to Physical Education, “New PE,” Adapted Physical Education and expansion of the CATCH program.

1991 **North Harris Montgomery Community College District Professional Development Grant (\$1,100):**

Grant Recipient. Grant was awarded for the “Development of an Outdoor Adventure Education Course Sequence for Physical Education”, 1991

1991 **North Harris Montgomery Community College District Mini-grant (\$800):**

Grant Recipient. Grant was awarded for the “Development of an Outdoor Adventure and Adaptive Physical Education Program”, 1991

1985 **Schreiner University Faculty Development Grant (\$1,300):**

Grant Recipient. Grant was awarded to work with A.S. Jackson, P.E.D., and M.L. Pollock, Ph. D., **Prediction of Body Composition in Obese Individuals and Measurement of Residual Lung Volumes**, Baylor College of Medicine.

### **CONFERENCES ATTENDED**

2007 American Alliance for Health, Physical Education, Recreation and Dance  
Southern District Annual Conference  
Texas Association for Health Physical Education Recreation and Dance Leadership Conference  
Texas Chapter of the American College of Sports Medicine Annual Conference,

2006 American Alliance for Health, Physical Education, Recreation and Dance Annual Conference  
American Alliance for Health, Physical Education, Recreation and Dance Southern District Annual Conference  
American Alliance for Health, Physical Education, Recreation and Dance Southern District Leadership Annual Conference,  
Parks, Recreation, and Public Health: Collaborative Framework for Promoting Physical Activity. Cooper Institute  
Texas Chapter of the American College of Sports Medicine Annual Conference,  
Texas Association for Health Physical Education Recreation and Dance Leadership Conference

2005 American Alliance for Health, Physical Education, Recreation and Dance Annual Conference  
American Alliance for Health, Physical Education, Recreation and Dance, **NASPE** Grant Writer's Conference  
American College of Sports Medicine Annual Conference  
Texas Association for Health, Physical Education, Recreation, and Dance Annual Conference  
Texas Association for Health Physical Education Recreation and Dance Leadership Conference  
Texas Chapter of the American College of Sports Medicine Annual Conference,

2004 Governor's Conference on Children's Obesity  
Office of Safe and Drug Free Schools National Conference  
Safe Schools and Healthy Students Institute  
Texas Association for Health, Physical Education, Recreation, and Dance Annual Conference

Texas Association for Health Physical Education Recreation and Dance Leadership Conference  
Texas Department of State Health Services Summit on Cardiovascular Disease  
Texas Chapter of the American College of Sports Medicine Annual Conference,

2003 Texas Association for Health, Physical Education, Recreation, and Dance Annual Conference  
Texas Association for Health Physical Education Recreation and Dance Leadership Conference  
Texas Chapter of the American College of Sports Medicine Annual Conference,

2002 Texas Association for Health, Physical Education, Recreation, and Dance Annual Conference  
Texas Chapter of the American College of Sports Medicine Annual Conference,

## **PROFESSIONAL HONORS, AWARDS, AND ACHIEVEMENTS**

1981 Minnie Stevens Piper Award Nominee  
San Jacinto College

2006 Caring Crusader Service Award  
University of Mary Hardin-Baylor

## **PROFESSIONAL SERVICE**

### **Professional Organizations**

American Alliance of Health, Physical Education,  
Recreation, and Dance  
Texas Association for Health, Physical Education,  
Recreation, and Dance,  
American College of Sports Medicine  
Texas Chapter, American College of Sports Medicine

### **Service to State Organizations**

Texas Association for Health, Physical Education, Recreation, and Dance

TAHPERD Board of Directors, 2006-2008  
TAHPERD College Committee, 2007- 2009  
TAHPERD Scholar Committee, 2006-2008

College Division, 2006-2008  
Vice-President Elect, 2006  
Vice-President, 2007  
Past Vice-President, 2008  
Awards Committee, 2005-2007  
Chair, 2005, 2006, 2007

Assessment and Evaluation Section of College Division  
Chair-elect, 2002  
Chair, 2003  
Past Chair, 2004

Texas Chapter of the American College of Sports Medicine  
Membership Chairman, 1985-1986

### **Service to University of Mary Hardin-Baylor**

Director of Teacher Education Division of the Exercise and Sport Science Department,  
2002-present

Sponsor of Psi Epsilon Mu, EXSS Major's Club, 2002 - present

Teaching Responsibilities

12 -15 semester hours per semester

Committees:

Faculty Evaluation Committee, 2004

Member, Faculty Assembly, 2003 – present

Teacher Education Committee, 2004 – present

Education Technology Committee, 2005, 2006

Ad Hoc Committee to acquire SPSS, 2004 – 2006

Ad Hoc Committee to initiate an IRB, 2004 – 2006

Exercise and Sport Science Hiring Committee, 2006

Professional Development Center Committee, 2006

Athletic Committee, 2005, 2006

Volunteer Activities:

UMHB booth at TAHPERD Conference

Student Pancake Supper

College of Education Pinning Ceremonies (each semester)

Volunteer Activities (continued)

Parent's Weekends

Preview Weekends

Athletic Recruiting Weekend

Career Days

Chile Cook-off

### **Service to Tomball College**

Chair of Physical Education Department  
1988-1999

Teaching Responsibilities

Teach Seven Courses per Semester

Committees

Social Committee, 1988-1990

Advisement Committee, 1988

Faculty Search Committees, 1988-1999

Administrative Search Committees, 1988-1999

District Compensation Committee, 1991-1992

District Wellness Committee, 1988-1994

Professional Development Committee, 1991-1993,

1997, Chairman, 1993  
College Coordinator Committee, 1995  
College Mission Statement Committee, 1995, 1997  
Academic Appeals Committee, 1992, 1995  
Chairman, 1992  
District Core Curriculum Committee, 1995, 1997-1999  
Education Program Council, 1996-1999

Director of Faculty-Staff Wellness Program  
1988-1994, 1997-1999

Other College Responsibilities

Vice-President, Faculty Senate, 1989  
Intramural Director, 1988  
Developed Outdoor Education Program, 1991  
College Speaker's Bureau  
District Physical Education Curriculum Coordinator, 1991-1993

## **Service to Schreiner University**

Co-developed Required Physical Education Program Based on principles  
of Lifetime Fitness  
Co-developed Exercise Science Degree Program  
Provided Exercise Fitness Evaluations for Faculty, Staff, and Students of  
Schreiner University  
Directed Senior Thesis: Physical Development of the Whole Person: A  
Proposed Evaluation of the Schreiner University Lifetime Fitness Program  
Co-wrote Fitness Articles for Local Newspaper  
Schreiner University Speaker's Bureau

Committees:

University Ethics Committee, 1984 – 1986  
University Discipline Committee, 1985 – 1986  
Distinguished Lecturer Committee, 1985 – 1986  
Admissions Committee, Chairman, 1986  
Hill Country College Fund, Chairman, 1986  
District 4 Tennis Committee, Chairman, 1986

Coaching Responsibilities

Men's Tennis  
Women's Tennis  
Fall and Spring Seasons, 1983 – 1986  
National Tournament, 1985, 1986

## **Service to San Jacinto College**

Committees

College Discipline Committee  
Course Scheduling Committee

Other college related involvement  
San Jacinto College Speaker's Bureau  
Sponsor of Texas Student Education Association  
Co-sponsor of Physical Education Major's Club  
Director of Intramurals  
Coordinator of American Heart Association Jump-A-Thon  
Director of Facility Use Program  
Sponsor of San Jacinto College Racquetball Club  
Member of HPERD Advisory Committee for Community  
Colleges, with the University of Houston

## **COMMUNITY SERVICE**

**2002 – Present University of Mary Hardin-Baylor**

**Texas Sports Hall of Fame Induction Committee, Waco, Texas, 2006**

**Temple-Belton Health and Wellness Coalition,**

Co-chair, 2004- 2006

Research Committee, Chair, 2004-2005

Represented Coalition at following activities:

Family Fun Days

Health Fairs

Thornton Elementary Track Dedication

Meredith Elementary School Health and Wellness

Group Meeting with Susan Combs, Texas Commissioner of

Agriculture on Pediatric Obesity Prevention Study (POPS), 2005

Group Meeting with Julie Gerberding, M. D. Director of

Centers for Disease Control.

Ways to Enhance Children's Activity and Nutrition, 2006

Health-Quest Children's Health Fair, 2006

**Belton Independent School District**

Co-authored a \$614,000 three year Physical Education Program (PEP) Grant through the U. S.

Department of Education, 2004 - 2007

Outside Evaluator for PEP Grant, 2004 – 2007

Belton Intermediate School Campus Planning Committee, 2005-2006

Presentation to BISD School Health Advisory Committee, 2006

**Midway Independent School District**

Midway Alumni Association, 2005-present

Midway Alumni Association, Vice-President, 2006

Midway Sports Hall of Fame Selection Committee, 2006

**Volunteer Activities:**

Special Olympics, 2004, 2005, 2006

Senior Olympics, 2003, 2004

Gober House Activities for Mentally Challenged, 2006

American Heart Walk, 2003, 2004

American Diabetes Walk, 2004, 2005

**1988 – 1999 Tomball College**

American Heart Association, School Site Coordinator  
American Cancer Society, Board of Directors  
Stagecoach Farms Civic Club, President  
Wrote Weekly Fitness Article for Local Newspaper

**Certification and License**

Texas Teacher Certificate, Lifetime  
Instructor, First Aid and CPR (American Red Cross)  
FAA, Private Pilot  
YMCA, Scuba Lifesaving and Accident Management Certification