

# **Thomas Gooding, PhD, ATC, CSCS**

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## **Professional summary:**

- Accomplished research scientist with 7 years of experience managing pre-clinical research projects related to sleep science, integrative (exercise) physiology, and immune system function.
- 8 years of clinical experience in Sports Medicine (Athletic Trainer; Performance Coach) coordinating care plans and fostering relationships with physicians and other key stakeholders (**NPI# 1003207531**).
- Skilled science communicator, in both oral and written formats, with a talent to translate complex scientific information into accessible formats to audiences of various backgrounds.
- Strong interpersonal with a track record of developing and sustaining relationships with key opinion leaders (KOLs) and clinical collaborators across academic and professional organizations.

## **Professional Experience:**

### **Postdoctoral Research Fellow Occupational Sleep Medicine**

2024-Present

Washington State University, Spokane, WA

- Translated complex sleep science and occupational fatigue research into accessible educational materials for non-specialist audiences (e.g., pilots), supporting safety initiatives in the aviation industry.
- Responded to unsolicited inquiries from key stakeholders regarding the efficacy of commercial products in the sleep science & wellness industries.
- Developed and delivered technical and scientific communications (oral and written) tailored to diverse backgrounds, including 2 awarded grant applications, 3 oral presentations, 2 technical documents, and 1 peer-reviewed poster presentation.
- Conducted independent research initiatives and authored technical reports on fatigue countermeasures guidance for the aviation industry to promote sleep health and mitigate fatigue-related occupational risks.

### **Graduate Research/Teaching Assistant**

2019-2024

Washington State University, Spokane, WA

- Gained scientific literacy and writing skills through the completion of an dissertation, authorship of peer-reviewed manuscripts, and development of IRB protocols and 2 funded grant proposals.
- Led cross-functional collaborations across clinical, academic, and multi-institutional teams to execute research and training initiatives; accomplished milestones in timely manner and delivered multiple scientific outputs (poster presentations, oral presentations, peer-reviewed manuscripts).
- Became subject matter expert exercise physiology and integrative health; delivered content on nutrition and exercise and fostered soft skills in future healthcare professionals through experiential learning and evidence-based pedagogical strategies.
- Effectively led college-level courses (15–30 students/class) in nutrition, exercise physiology, and health counseling using evidence-based teaching pedagogy and experiential learning techniques.

### **Athletic Trainer and Instructor of Health & Wellness**

2016-2019

Mount St. Joseph University, Cincinnati, OH

- Simplified complex concepts (physiology, behavior change theory) into accessible lessons for learners of diverse backgrounds. Designed and implemented multiple college-level courses (15—40+ students/class) related to health & wellness, athletic training, epidemiology, healthcare systems.
- Advised 30+ students regarding academic progress, clinical internships, and career pathways in allied health professions, supporting student success and professional development.

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- As an athletic trainer, fostered relationships between patients and medical providers. Developed and implemented care plans of athlete-patients and communicated progress to key opinion leaders.

### **Athletic Development Specialist**

**2015-2016**

IMPACT Sports Performance, Buffalo, NY

- Designed and implemented evidence-based strength & conditioning programs for elite athletes, including Olympic Gold medalist (USA women's Ice Hockey '2016) and professional soccer players, to optimize performance and mitigate injury risk.
- Built and fostered relationships with coaches and medical care team; established medical points of contact within medical systems for referral care of professional athletes.
- Spearheaded business growth by engaging with new clients; cultivated trust and lasting relationships with clientele through tailored training solutions and care plans.

### **Graduate Assistant Athletic Trainer**

**2014-2015**

University of Virginia, Charlottesville, VA

- Managed clinical, education, and research priorities in fast-paced environment to successfully achieve a master's degree in athletic training with 1 research publication (thesis) while working full-time as a clinical athletic trainer with high-profile athletes (Wrestling; ACC champions '15).
- Facilitated medical care among patients (athletes) and key stakeholders (coaches, physicians); provided daily patient care and rehabilitation. Attended physician appointments with patients to advocate for patients and translated complex medical terminology into understandable formats for patients.
- Educated patients and thought leaders (e.g., coaches, medical staff) in diverse set of topics in Sports Medicine through in-service and journal club opportunities.

### **Key Industry Skills:**

Written and Verbal Communication | Scientific Writing | Literature Synthesis & Appraisal | Cross-functional Collaboration | Project Management | Teaching Pedagogy | Data Management | Statistics | Data Analysis | Python | SPSS | Problem-Solving | Multi-tasking | Research Collaboration | Proteomics | Clinical Exercise and Lung Function Testing | Website Management | Content Creation

### **Education and Fellowships:**

**Postdoctoral Research Fellowship- Occupational Sleep Medicine (06/2025)** Washington State University

**Doctor of Philosophy- Nutrition & Exercise Physiology (06/2024)** Washington State University

**Master of Education- Athletic Training (06/2014)** University of Virginia

**Bachelor of Science- Athletic Training (12/2013)** Northern Kentucky University

### **Affiliations and Hobbies**

Certified Strength and Conditioning Specialist (NSCA-CSCS)

#7248216927

Certified Athletic Trainer (NATABOC-ATC)

#2000015851

Sleep Research Society

American College of Sports Medicine

National Strength & Conditioning Association

Sigma Phi Epsilon Fraternity Alumna (KY-Eta '13)

Outdoors Enthusiast (camping, hiking, fishing, snowboarding, obstacle course racing)