

Thomas Gooding, PhD

(269) 271-3009 | Tom.Gooding18@gmail.com | [LinkedIn](#) | [Writing Portfolio](#) | Spokane, WA

Professional summary:

- Interdisciplinary Biomedical research scientist with 7+ years of experience designing and executing health-related studies and generating high-quality scientific and clinical documents.
- Skilled science communicator with expertise in literature review, evidence synthesis, and translating complex information into clear, accessible content aligned with AMA/APA, ISO, and FDA guidelines.
- Strong interpersonal skills with a proven ability to collaborate cross-functionally with clinical, regulatory, and academic stakeholders to deliver accurate, timely, and high-impact written materials that support research, safety, and compliance initiatives.

Key Industry Skills:

Scientific Writing & Medical Writing (AMA, APA, ISO, FDA) | Literature Review | Literature Synthesis and Appraisal | Grant Writing | Project Management | Cross-functional Collaboration | Database Navigation (PubMed, Cochrane, NIH) | Reference management | Microsoft 365 (Word, PowerPoint, Excel) | Content Creation | Statistics | Data Analysis | Data Visualization

Professional Experience:

Postdoctoral Research Fellow Occupational Sleep Medicine

2024-Present

Washington State University, Spokane, WA

- Conducted literature reviews and developed evidence-based guidance materials on fatigue countermeasures to support safety initiatives of aviation industry partners.
- Developed submission-ready materials (research manuscripts, technical documents, grant applications, and educational resources) for regulatory agencies, industry partners, and non-specialist stakeholders.
- Led research projects and cross-functionally collaborated with inter-departmental research team, aviation regulators, union representatives, and clinical expert to ensure compliance-driven documentation aligns with safety standards.

Graduate Research/Teaching Assistant

2019-2024

Washington State University, Spokane, WA

- Designed and executed human-based research studies across the full lifecycle, including study protocols, participant recruitment, study execution, data analysis, and evidence synthesis for dissemination in peer-reviewed manuscripts and presentations.
- Authored regulatory-style research documentation, including IRB protocols, consent forms, surveys, and SOPs, ensuring compliance with institutional and federal requirements
- Coordinated cross-functional collaborations with clinical and academic partners to deliver scientific outputs (manuscripts, awarded grants, posters, oral presentations) and support timely project completion.

Athletic Trainer and Instructor of Health & Wellness

2016-2019

Mount St. Joseph University, Cincinnati, OH

- Developed and delivered evidence-based curricula (exercise physiology, epidemiology, healthcare systems) by translating complex medical concepts into accessible content for diverse audiences.

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- Maintained clinical documentation in electronic health records (EHR), curated patient progress notes and treatment plans aligned with healthcare compliance standards.
 - Collaborated with physicians, coaches, and allied health professionals to design, implement, and communicate care strategies for athlete-patients, ensuring evidence-based decision-making and continuity of care.

Athletic Development Specialist

2015-2016

IMPACT Sports Performance, Buffalo, NY

- Designed and implemented evidence-based medical care and strength & conditioning programs for elite athletes, including Olympic Gold medalists, to optimize performance and mitigate injury risk.
- Built and fostered relationships with coaches and medical care team; established a medical network within hospital medical systems for referral care of professional athletes.
- Collaborated with physicians, coaches, and allied health professionals to design, implement, and communicate care strategies for athlete-patients, ensuring alignment on care strategies and outcomes.

Graduate Assistant Athletic Trainer

2014-2015

University of Virginia, Charlottesville, VA

- Managed clinical, education, and research priorities in a fast-paced, dynamic environment to successfully achieve a master's degree in athletic training with 1 peer-reviewed research publication (thesis).
- Coordinated patient medical care, including injury assessment, rehabilitation, and referral plans, while communicating progress to key stakeholders.
- Developed and delivered evidence-based educational materials to healthcare teams and patients through clinical in-services and journal clubs.

Education and Fellowships:

- **Postdoctoral Research Fellowship- Occupational Sleep Medicine** (09/2025) 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

National Provider Number (NPI)	#1003207531
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)	