

Thomas Gooding, PhD, ATC, CSCS

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

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 educational materials that support research, safety, and compliance initiatives.

Key Industry Skills:

Scientific Writing & Medical Writing (AMA, APA, ISO, FDA) | Literature Review | Literature Synthesis | Grant Writing | Content Creation | Project Management | Database Navigation (PubMed, Cochrane, NIH) | Coding (Python, SQL) | Microsoft 365 (Word, PowerPoint, Excel) | 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 mixed-methods research projects and cross-functionally collaborated with inter-departmental research team, industry clientele, union representatives, and clinical experts 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.
- Collaborated 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 provided health care education (exercise physiology, epidemiology, healthcare systems); translated complex science and medical topic into accessible content for diverse audiences.
- Maintained clinical documentation in electronic health records (EHR) using proper medical coding systems (e.g., ICD-10, CPT); 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.
- Coordinated and documented patient medical care; communicated patient progress with stakeholders.

Graduate Assistant Athletic Trainer

2014-2015

University of Virginia, Charlottesville, VA

- Managed clinical responsibilities, 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.
- Coordinated patient medical care, including injury assessment, rehabilitation, and referral plans; communicated patient progress with 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:

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 Athletic Trainers’	
National Strength & Conditioning Association	
Sigma Phi Epsilon Fraternity Alumna (KY-Eta ’13)	