Christopher Thomas, PhD, MSc, BSc (Hons), ASCC, CSCS
Curriculum Vitae

Contact Information:
ASPIRE Academy for Sporting Excellence
Football Performance Center
Al Henaizbiah St.
Doha
Qatar
+974 5540 3059 (mobile)
Email: christopher.thomas@aspire.qa

Professional Experience

September 2018 – Present
Employer: ASPIRE Academy, Doha, Qatar
Role: Senior Football Biomechanics Specialist

- Lead collection and monitoring of biomechanical data during training and competition to better understand the biomechanical requirements of the sport
- Design, establish, implement and interpret strength, power and change of direction biomechanical assessments for ASPIRE, Qatar Stars League and Qatar Football Association players
- Prepare and review comprehensive reports for players and coaches including the interpretation of findings
- Develop and supervise individual programmes in collaboration with performance team
- Collaborate with strength and conditioning, physiology, and medical departments to ensure the individual need of the athletes are being met

September 2017 – July 2018
Employer: University of South Wales, Cardiff, UK
Role: Lecturer in Strength and Conditioning

- Produced teaching excellence incorporating contemporary approaches to teaching and learning
- Initiated and developed new course material for 3rd year students from first ever course intake
- Developed course material for existing modules to translate research to practice
- Module leader for strength and conditioning, biomechanics, physiology and research methods
- Nominated for Best Lecturer in the Student Choice Awards in first year at the University
- Increased opportunities for undergraduate students to conduct research projects
- Conducted innovative and independent research at an international level

September 2014 – September 2017
Employer: University of Salford, Manchester, UK
Role: Lecturer in Sports Science and Strength and Conditioning

- Taught Sports Science and Strength and Conditioning modules across Sports Science, Strength and Conditioning, Sports Rehabilitation and Physiotherapy degree programmes
- Increased opportunities for undergraduate and graduate students to conduct research in associated areas of course curriculum
- Demonstrated evidence of publications in top-ranked and field relevant journals, meeting high international standards
- Presented at regional, national and international conferences on behalf of the University
- Received international grant awards for forthcoming research, meeting high standards
- Provided undergraduate and graduate students with opportunities for vocational experience with industry/employers and other external organisations

July 2014 – September 2017
Employer: North West Netball, Manchester, UK
Role: Lead Strength and Conditioning Coach

- Planned and delivered Strength and Conditioning programmes for regional performance and academy players
- Conducted physical performance testing 3 x per year as part of an ongoing monitoring programme
- Implemented recovery and regeneration sessions based on individual needs
- Worked closely with the head netball coach to ensure strength and conditioning needs of athletes were met
- Supervised Undergraduate student placements in-line with the University of Salford's expectations

September 2015 – November 2015
Employer: English Institute of Sport, Manchester, UK
Role: Strength and Conditioning Coach (England Netball)

- Developed and delivered world-class strength and conditioning support in the daily training environment, and to select, targeted, decentralized athletes
- Coached athletes in one on one or small group scenarios to teach proper lifting technique, to ensure maximum adaptations and a safe environment
- Implemented a thorough monitoring, tracking and testing process, ensuring that athletes make the desired progress
- Fostered effective working relationships with all stakeholders to understand coaching philosophy and sport programme goals

Academic Qualifications

PhD Strength and Conditioning
University of Salford, United Kingdom
2014–2018
Thesis: The Relationships of Strength and Power Measures to Change of Direction Performance: The Influence of Muscle Strength Asymmetry

MSc Strength and Conditioning
University of Salford, United Kingdom – MSc with Distinction
2011–2014

BSc (Hons) Applied Sports Science (Strength and Conditioning)
University of Salford, United Kingdom – First Class Honours Degree
2007–2010

Teaching

Undergraduate Courses:

University of Salford

Biomechanics & Performance Analysis (BSc Sports Science)
Fundamentals of Strength and Conditioning (BSc Physiotherapy and BSc Sports Rehabilitation)
Fundamentals of Exercise and Conditioning (BSc Sports Science)
Introduction to Sports Biomechanics (BSc Sports Science and BSc Sports Rehabilitation)
Introduction to Strength Training and Conditioning (BSc Sports Science)

Research Methods (BSc Sports Science)
Theory and Practice of Training (BSc Sports Science)

University of South Wales

Advanced Anatomy, Physiology and Biomechanics (BSc Strength and Conditioning)
Fundamentals of Anatomy, Physiology and Biomechanics (BSc Strength and Conditioning)
Research Project (BSc Strength and Conditioning)
Strength and Conditioning (BSc Sports Science)
Strength and Conditioning: Principles and Applications (BSc Sports Science)

Graduate Courses:

University of Salford

Injury Prevention and Performance Measurement (MSc Strength and Conditioning and MSc Sports Rehabilitation)

Experience

I have used acquired extensive experience of sport science technologies which can be used in research and teaching across disciplines such as sport science, sports rehabilitation, sports biomechanics and strength and conditioning. Examples of these are:

- Force platforms to quantitatively evaluate the execution of skills or an athlete physical development (Kistler, BTS Bioengineering, AMTI, Ballistic Measurement System, ForceDecks)
- Isokinetic and isometric assessments of muscle strength (Humac Norm, Biodex, KinCom)
- Timing cells to assess time during sprint and change of direction performance testing (Brower, Fusion Sport)
- Video analysis to provide qualitative and quantitative feedback to athletes and coaches (Quintic, Dartfish, TrackMan, Kinovea)
- Global positioning devices and accelerometers to quantify activity profiles (Catapult, STATSport)
- 3-dimensional motion capture to study human motor behaviour (Qualisys, Visual3D, SIMI Motion, SIMI Aktisys, Xsens)

Professional Memberships

Australian Strength and Conditioning Association – Associate Member
International Society of Biomechanics – Full Member
International Society of Biomechanics in Sport – Full Member
National Strength and Conditioning Association – Full Member
United Kingdom Strength and Conditioning Association – Full Member

Professional Certifications

Accredited Strength and Conditioning Coach December 2013
United Kingdom Strength and Conditioning Association
Certified Strength and Conditioning Specialist July 2010
National Strength and Conditioning Association

Professional Service

Invited Reviewer: 2014-Present
International Journal of Sports Medicine
International Journal of Sports Physiology and Performance

Journal of Human Kinetics
Journal of Sports Sciences
Journal of Strength and Conditioning Research
Journal of Science and Medicine in Sports
Journal of Trainology
Measurement in Physical Education and Exercise Science
Science and Medicine in Football
Sports
Sports Biomechanics

Funding History

July 2018 – Biomechanical Effects of Change of Direction Technique Modification ($3,125) with the National Strength and Conditioning Association – Doctoral Research Grant. Thomas Dos'Santos (Lead Investigator), **Dr. Christopher Thomas**, Dr. Paul Comfort, Dr. Paul A. Jones (Co-Investigators).

August 2016 – The relationship between unilateral muscle strength qualities and 180° change of direction performance ($1,802) with the National Strength and Conditioning Association – Doctoral Research Grant. **Dr. Christopher Thomas** (Lead Investigator), Thomas Dos'Santos, Dr. Paul Comfort, Dr. Paul A. Jones (Co-Investigators).

August 2016 – Effects of Excluding the Catch Phase of the Clean: An Intervention Study ($26,561) with the National Strength and Conditioning Association – International Collaboration Grant. Dr. Paul comfort and Dr. Timothy Suchomel (Lead Investigators), Thomas Dos'Santos, **Dr. Christopher Thomas**, Dr. Paul A. Jones, Dr John McMahon (Co-Investigators).

May 2010 – Summer Research Project ($2,000) with FitFlop Ltd. Ten-week summer assistantship investigating new protocols and footwear. Dr. Carina Price (Lead Investigator), **Dr. Christopher Thomas**, Dr. Paul Comfort, Dr. Philip Graham-Smith (Co-Investigators).

Supervisor of Scientific Dissertations

Thomas Dos'Santos – Doctor of Philosophy, Sports Biomechanics and Strength and Conditioning. Biomechanical Determinants of Injury Risk and Performance during Change of Direction: Implications for Screening and Intervention. University of Salford, 2019.

Cara Fields – BSc Sports Science. Does muscle imbalance and limb preference influence braking and knee mechanics during change of direction. University of Salford, 2017.

Matthew Cuthbert – BSc Sports Science. Application of Change of Direction Deficit to Evaluate Cutting Ability. University of Salford, 2017.

Thomas Dos'Santos – MSc Strength and Conditioning. Mechanical determinants of faster change of direction speed performance in male athletes. University of Salford, 2016.

Irene Kyriakidou – BSc Sports Science. What are the discriminators between entering the NBA playoffs and failure to achieve that? Are the four factors indicators of a successful regular season? University of Salford, 2016.

External Examiner Duties

Scott Graham – Doctor of Philosophy, Sports Science. Monitoring Strategies for Predicting Position-Specific Match Performance in State-Level Netball Athletes. University of Victoria, 2019.

Research

Peer-Reviewed Publications

Thomas C, Dos'Santos T, Comfort P, Jones PA. Male and female soccer players exhibit different knee joint mechanics during pre-planned change of direction. Sports Biomech 2020.

Dos'Santos T, **Thomas C**, Jones PA. Assessing inter-limb asymmetries: are we heading in the right direction? Strength Cond J 2020.

Comfort P, Jones PA, **Thomas C**, Dos'Santos T, McMahon J, Suchomel T. Changes in Early and Maximal Isometric Force Production in Response to Moderate- and High-Load Strength and Power Training. J Strength Cond Res 2020.

Thomas C, Dos'Santos T, Comfort P, Jones PA. Effect of Asymmetry on Biomechanical Characteristics During 180° Change of Direction. J Strength Cond Res 2020.

Dos'Santos T, **Thomas C**, Comfort P, Jones PA. Biomechanical determinants of the modified and traditional 505 change of direction speed test. J Strength Cond Res 2019.

Thomas C, Dos'Santos T, Comfort P, Jones PA. The Effect of Limb Preference on Braking Strategy and Knee Joint Mechanics During Pivoting in Female Soccer Players. Science and Medicine in Football 2019.

Thomas C, Ismail KT, Simpson R, Comfort P. Jones PA, Dos'Santos T. Physical Profiles of Female Academy Netball Players by Position. J Strength Cond Res 2019; 33(6), 1601-1608.

Dos'Santos T, **Thomas C**, Jones PA, Comfort P. Assessing Asymmetries in Change of Direction Speed Performance: Application of Change of Direction Deficit. J Strength Cond Res 2019; 33(11):2953-2961.

Dos'Santos T, **Thomas C**, Comfort P, Jones PA. The effect of training interventions on change of direction biomechanics associated with increased anterior cruciate ligament loading: a scoping review". Sports Medicine 2019.

Dos'Santos T, McBurnie A.J, Donelon T, **Thomas C**, Comfort P, Jones PA. A qualitative screening tool to identify athletes with 'high-risk' movement mechanics during cutting: The cutting movement assessment score (CMAS). Phys Therapy in Sport 2019; 38, 152-161.

Dos'Santos T, Bishop C, **Thomas C**, Comfort P, Jones PA. The effect of limb dominance on change of direction biomechanics: A systematic review of its importance for injury risk. Phys Therapy in Sport 2019; 37, 179-189.

Dos'Santos T, McBurnie A, **Thomas C**, Comfort P, Jones PA. Biomechanical Comparison of Cutting Techniques: A Review and Practical Applications. Strength Cond J 2019; 41(4), 40-54.

Comfort P, **Thomas C**, Dos'Santos T, Suchomel T, Jones PA, McMahon J. Changes in Dynamic Strength Index in Response to Strength Training. Sports 2018; 6(4), 176.

Dos'Santos T, **Thomas C**, Comfort P, Jones PA. Comparison of Change of Direction Speed Performance and Asymmetries between Team-Sport Athletes: Application of Change of Direction Deficit. Sports 2018; 6(4), 174.

Thomas C, Dos'Santos T, Comfort P, Jones PA. Relationships between Unilateral Muscle Strength Qualities and Change of Direction in Adolescent Team-Sport Athletes. Sports 2018; 6(3), 83.

Dos'Santos T, **Thomas C**, Comfort P, Jones PA. The Effect of Angle and Velocity on Change of Direction Biomechanics: An Angle-Velocity Trade-Off. Sports Med 2018; 48(10), 2235-2253.

Dos'Santos T, **Thomas C**, Comfort P, Jones PA. The Role of the Penultimate Foot Contact during Change of Direction: Implications on Performance and Risk of Injury. Strength Cond J 2018; 41(1), 87-104.

Comfort P, Dos'Santos T, **Thomas C**, McMahon J, Comfort P. An Investigation into the Effects of Excluding the Catch Phase of the Power Clean on Force-Time Characteristics During Isometric and Dynamic Tasks: An Intervention Study. J Strength Cond Res 2018.; 32(8), 2116-2129.

Thomas C, Comfort P, Jones PA, Dos'Santos T. Asymmetries in Single- and Triple-Hop Tests in Female Netball Players: An Age-Group Comparison. Sport Perform Sci Reports 2018; 35.

Comfort P, **Thomas C**, Dos'Santos T, Jones PA, Suchomel TJ, McMahon JJ. Comparison of Methods of Calculating Dynamic Strength Index. Int J Sports Physiol Perform 2018; 320-325.

Dos'Santos T, **Thomas C**, Comfort P, McMahon JJ, Jones PA, Oakley NA, Young AL. Between-Session Reliability of Isometric Mid-Thigh Pull Kinetics and Maximal Power Clean Performance in Male Youth Soccer Players. J Strength Cond Res 2018; 32(12), 3364-3372.

Thomas C, Comfort P, Dos'Santos, Jones PA. Determining Bilateral Strength Imbalances in Youth Basketball Athletes. Int J Sports Med 2017; 38: 683-690.

Thomas C, Dos'Santos T, Comfort P, Jones PA. Comparison of muscle strength asymmetry between field- and court-based athletes. Sport Perform Sci Reports 2017; 12.

Thomas C, Kyriakidou I, Dos'Santos T, Jones, PA. Differences in VJ Jump Force-Time Characteristics between Stronger and Weaker Adolescent Basketball Players. Sports 2017; 5: 63.

Thomas C, Comfort P. Jones PA, Dos'Santos T. Between-Session Reliability of the Unilateral Stance Isometric Mid-Thigh Pull. J Aust Strength Cond 2017; 25: 6-10.

Thomas C, Dos'Santos T, Comfort P, Jones PA. Between-Session Reliability of Common Strength- and Power-Related Measures in Adolescent Athletes. Sports 2017; 5: 15.

Dos'Santos T, Jones PA, Comfort P, **Thomas C**. Effect of Different Onset Thresholds on Isometric Midthigh Pull Force-Time Variables. J Strength Cond Res 2017; 31: 3463–3473.

Dos'Santos T, **Thomas C**, Jones PA, Comfort P. Asymmetries in Single and Triple Hop are not Detrimental to Change of Direction Speed. Journal of Trainology 2017; 6: 35-41.

Jones PA, **Thomas C**, Dos'Santos T, McMahon JJ, Graham-Smith P. The Role of Eccentric Strength in 180° Turns in Female Soccer Players. Sports 2017; 5: 42-53.

Dos'Santos T, **Thomas C**, Jones, PA, McMahon JJ Comfort P. The Effect of Hip Joint Angle on Isometric Mid-Thigh Pull Kinetics. J Strength Cond Res 2017; 31: 2748–2757.

Dos'Santos T, **Thomas C**, Comfort P, McMahon JJ, Jones PA. Relationships between Isometric Force-Time Characteristics and Dynamic Performance. Sports 2017; 5: 68.

Thomas C, Dos'Santos T, Jones PA. Comparison of Dynamic Strength Index between Team-Sport Athletes. Sports 2017; 5: 71.

Thomas C, Comfort P, Jones PA, Dos'Santos T. A Comparison of Isometric Mid-Thigh Pull Strength, VJ Jump, Sprint Speed, and Change of Direction Speed in Academy Netball Players. Int J Sports Physiol Perform 2017; 12: 916-921.

Dos'Santos T, **Thomas C**, Jones PA. Comfort P. Assessing Muscle Strength Asymmetry Via a Unilateral Stance Isometric Mid-Thigh Pull. Int J Sports Physiol Perform 2017; 12: 505-511.

Comfort P, Regan A, Herrington L, **Thomas C**, McMahon JJ, Jones PA. Ankle Position During the Nordic curl Does Not Affect Muscle Activity of the Biceps Femoris and Medial Gastrocnemius. J Sport Rehab 2017; 26: 202-207.

Thomas C, Comfort P. Jones PA, Dos'Santos T. Strength and Conditioning for Netball: A Needs Analysis and Training Recommendations. Strength Cond J 2017; 39: 10-21.

Thomas C, Ismail K.T, Comfort P, Jones PA, Dos'Santos T. Physical profiles of regional academy netball players. Journal of Trainology 2016; 5: 30-37.

Barber OR, **Thomas C**, Jones PA, McMahon JJ, Comfort P. Reliability of the 505 Change of Direction Test in Netball Players. Int J Sports Physiol Perform 2016; 11: 377-380.

Dos'Santos T, Jones PA, Kelly J, McMahon JJ, Comfort P, **Thomas C**. Effect of Sampling Frequency on Isometric Mid-Thigh Pull Kinetics. Int J Sports Physiol Perform 2016; 11: 255-260.

Thomas C, Dos'Santos T, Jones PA, Comfort P. Reliability of the 30-15 Intermittent Fitness Test in Semi-Professional Soccer Players. Int J Sports Physiol Perform 2016; 11: 172-175.

Thomas C, Jones PA, Rothwell J, Chiang CY, Comfort P. An investigation into the relationship between maximum isometric strength and vertical jump performance. J Strength Cond Res 2015; 29: 2176–2185.

Thomas C, Comfort P, Chiang CY, Jones PA Relationship between isometric mid-thigh pull variables and sprint and change of direction performance in collegiate athletes. Journal of Trainology 2015; 4: 6-10.

Thomas C, Jones, PA, Comfort P. Reliability of the Dynamic Strength Index in Collegiate Athletes. Int J Sports Physiol Perform; 10: 542-545.

Thomas C, Mather D, Comfort P. Changes in Sprint, Change of Direction, and Jump Performance during a Competitive Season in Male Lacrosse Players. Journal of Athletic Enhancement (2014), 3: 5.

Poster Presentations

Dos'Santos T, McBurnie A, Donelon T, **Thomas C**, Comfort P, Jones PA. The Cutting Movement Assessment Score (CMAS): A Qualitative Screening Tool to Identify Athletes with High Peak Knee Abduction Moments during Cutting. Presented at BASES BIG Meeting 2019.

Thomas C, Kyriakidou I, Dos'Santos T, Cuthbert M, Fields C, Jones PA. An investigation into the effect of limb preference on knee mechanics and braking strategy during pivoting in female soccer players: an exploratory study. Presented at The Proceedings of the 8th Annual Student Strength and Conditioning Conference 2017.

Thomas C, Kyriakidou I, Dos'Santos T, Cuthbert M, Fields C, Jones PA. A comparison of braking characteristics between modified and traditional 505 change of direction tasks in female netball players: An exploratory study. Presented at The Proceedings of the 8th Annual Student Strength and Conditioning Conference 2017.

Dos'Santos T, **Thomas C**, Comfort P. Effect of Sampling Frequency on Countermovement Jump Kinetics. United Kingdom Strength and Conditioning Association National Conference 2015.

Thomas C, Jones PA, Comfort P. Isometric mid-thigh pull as a determinant of speed and change of direction performance. The 37th Annual National Strength and Conditioning Conference. Las Vegas, Nevada, USA 2014.