

# Jacob R. Goodin

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## EDUCATION

- 2018     **Ph.D. in Sport Physiology and Performance**  
Concentration: **Sport Physiology**  
East Tennessee State University, Johnson City, TN  
Dissertation: *Characteristics of Muscle Architecture in Collegiate Athletes and Competitive Weightlifters: Percent Contribution to Performance and Response to Training Volume and Training Load Variations*
- 2015     **M.A. in Kinesiology and Sport Studies**  
Concentration: **Exercise Physiology and Performance**  
East Tennessee State University, Johnson City, TN  
Thesis: *Comparison of External Kinetic and Kinematic Variables between High Barbell Back Squats and Low Barbell Back Squats across a Range of Loads*
- 2011     **B.S. in Kinesiology**  
Westmont College, Santa Barbara, CA

## PROFESSIONAL EXPERIENCE

- 2018-present   **Assistant Professor of Kinesiology**  
Point Loma Nazarene University, College of Natural and Social Sciences, San Diego, CA
- 2017-2018    **Instructor of Biology**  
Milligan College, School of Sciences and Allied Health, Johnson City, TN
- 2017           **Adjunct Instructor of Biology**  
Milligan College, School of Sciences and Allied Health, Johnson City, TN
- 2016-2018    **Doctoral Fellow Strength and Conditioning Coach and Sport Scientist**  
East Tennessee State University, Johnson City, TN
- 2013-2016    **Graduate Assistant Strength and Conditioning Coach and Sport Scientist**  
East Tennessee State University, Johnson City, TN

2012-2013 **Adjunct Instructor**  
Westmont College, Santa Barbara, CA

## **PUBLICATIONS**

2018 Travis, S. K., **Goodin, J. R.**, Beckham, G. K., Bazzyler, C. D. *Identifying a test to monitor weightlifting performance in competitive male and female weightlifters.* Sports

## **PUBLICATIONS IN PROGRESS**

2018 **Goodin, J. R.**, Mizuguchi, S., Stone, M. H., Gentles, J. A., Bazzyler, C. D. (in preparation) *Stratification of muscle architecture variables in male and female collegiate athletes across a range of sports.* The Journal of Strength & Conditioning Research

2018 Travis, S. K., **Goodin, J. R.**, Stone, M. H., Sands, W., Bazzyler, C. D. (in progress) *Preparing for the world weightlifting championships: A case study.* The Journal of Strength & Conditioning

2018 **Goodin, J. R.**, Bazzyler, C. D., Stone, M. H., Gentles, J. A., Mizuguchi, S. (in preparation) *The relative contribution of demographic and neuromuscular factors to maximal strength in collegiate athletes.* The Journal of Strength & Conditioning Research.

2018 Carrol, K., **Goodin, J. R.**, McMahon, J., Carrol, K., Bazzyler, C. D. *The relative contribution of demographic and neuromuscular factors to jumping performance in collegiate athletes.* The Journal of Strength & Conditioning Research.

2017 **Goodin, J. R.**, Travis, S. K., Wetmore, A., Bazzyler, C. D. (in preparation) *Comparison of external kinetic and kinematic variables between high bar and low bar back squats.* The Journal of Strength & Conditioning Research.

## **NATIONAL/REGIONAL ABSTRACT PRESENTATIONS AND INVITED TALKS**

2018 Travis, S. K., **Goodin, J. R.**, Carrol, K., Bazzyler, C. D. *Quantifying performance characteristics of an international level male weightlifter.* Poster in review for the annual meeting of the American College of Sports Medicine, South-East Chapter, Greenville, SC

2017 **Goodin, J. R.**, Bazzyler, C. D., Bernards, J. R., Mizuguchi, S., Stone, M. H. *Comparison of power and velocity in the high bar and low bar back squat across a spectrum of loads.* Poster presented at the American College of Sports Medicine National Meeting, Denver, CO

2017 Bazzyler, C. D., **Goodin, J. R.**, Whiton, T. K., Mizuguchi, S., Stone, M. H. *The contribution of muscle cross-sectional area to jump height in collegiate athletes.*

Poster presented at the annual meeting of the American College of Sports Medicine, South-East Chapter, Greenville, SC

- 2017 **Goodin, J. R.**, Bazzyler, C. D., Bernards, J. R., Mizuguchi, S., Stone, M. H. *Comparison of power and velocity in the high bar and low bar back squat across a spectrum of loads*. Poster presented at the annual meeting of the American College of Sports Medicine, South-East Chapter, Greenville, SC
- 2017 Bernards, J. R., **Goodin, J. R.** *Analysis of maneuver frequency and scoring during the 2016 quicksilver pro surfing competition*. Poster presented at the annual meeting of the American College of Sports Medicine, South-East Chapter, Greenville, SC
- 2016 **Goodin J. R.**, Bernards J. R., Travis S.K., Michael Wines, Timothy Smith, Michael H. Stone. *Intraset variability of concentric mean velocity in the back squat*. Poster presented at the Coaching and Sport Science College conference, Johnson City, TN
- 2016 Sausaman, R., **Goodin, J. R.** *The evolution of intercollegiate athletics: an athlete-centered high-performance model*. Poster presented at the Coaching and Sport Science College conference, Johnson City, TN
- 2016 **Goodin, J. R.**, Bazzyler, C. D., Mizuguchi, S., Stone, M. H. *Relationships between muscle architecture and measures of strength and power in collegiate volleyball players*. Poster presented at the American College of Sports Medicine National Meeting, Boston, MA
- 2016 **Goodin, J. R.**, Bazzyler, C. D., Mizuguchi, S., Stone, M. H. *Relationships between muscle architecture and measures of strength and power in collegiate volleyball players*. Poster presented at the annual meeting of the American College of Sports Medicine, South-East Chapter, Greenville, SC
- 2016 **Goodin, J. R.** *Muscle architecture and its role in sport performance*. Talk presented at Milligan College, Johnson City, TN
- 2015 Bazzyler, C. D., **Goodin, J. R.**, Rapp, C., DiSanto, M., Smith, F., Stone, M. H. *Analysis of changes in muscle architecture and explosive ability in NCAA division I volleyball players*. Poster presented at the Coaching and Sport Science College conference, Johnson City, TN
- 2014 Bazzyler, C. D., **Goodin, J. R.**, Beckham, G., Santana, H., Swartz, M., Kavanaugh, A., Stone, M. H. *Analysis of changes in strength, explosiveness, and agility performance over an NCAA division I tennis career: a case study*. Poster presented at the Coaching and Sport Science College conference, Johnson City, TN

## **TEACHING EXPERIENCE**

### **Milligan College, Johnson City, TN**

Sport Nutrition	(Spring 2017, Spring 2018)
Human Anatomy and Physiology II	(Spring 2018)
Human Anatomy and Physiology I	(Fall 2017)
Principles of Strength Training	(Fall 2017)
Essentials of Human Anatomy and Physiology	(Spring 2017)

### **East Tennessee State University, Johnson City, TN**

Sport Conditioning and Training	(Spring 2017)
Exercise and Fitness Testing	(Fall 2016)
Relaxation for Health	(Fall 2013, Spring 2014)

### **Westmont College, Santa Barbara, CA**

Human Physiology Lab	(Spring 2012, Spring 2013)
Men's Weight Training	(Fall 2012, Spring 2013)
Coed Weight Training	(Fall 2012, Spring 2013)
Half Marathon Training	(Fall 2012, Spring 2013)

## **RELATED EXPERIENCE**

- 2015-2018     **Website manager for the Center of Excellence for Sport Science and Coach Education, ETSU, Johnson City, TN**
- 2016-2017     **Nutrition Advisor and Training Consultant, Johnson City, TN**
- 2014-2017     **Strength & Conditioning Coach and Sport Scientist, ETSU Men's Tennis, Johnson City, TN**
- 2013-2017     **Strength & Conditioning Coach and Sport Scientist, ETSU Women's Tennis, Johnson City, TN**
- 2014-2016     **Post-collegiate Middle and Long Distance Running Coach, Johnson City, TN**
- 2013            **Assistant Football Strength and Conditioning Coach, Santa Barbara High School, Santa Barbara, CA**
- 2012            **Assistant Cross Country & Track and Field Coach, Westmont College, Santa Barbara, CA**
- 2011-2013     **Head Cross Country Coach & Track and Field Coach, Providence Hall High School, Santa Barbara, CA**
- 2011-2013     **Personal Trainer, Prevail Conditioning, Santa Barbara, CA**

## **SERVICE TO PROFESSION**

- 2013-2018 **Sport Performance Enhancement Consortium (SPEC):** Ongoing graduate student-led athlete monitoring and training program at East Tennessee State University with service and research components. Specific roles included:
- Muscle architecture assessment via ultrasonography
  - Body composition assessment via skinfold estimation
  - Force platform jump collection and analysis
  - Force platform isometric mid-thigh pull collection and analysis
  - Change of direction ability assessment using timing gates
  - Acceleration and foot strike kinematics using OptoJump
  - Hydration status assessment
- 2015-2018 **Center of Excellence for Sport Science and Coach Education Website Manager** (sportsced.com). ETSU, Johnson City, TN
- 2015-2017 **Editor and sport science category short paper reviewer.** Annual meeting of the Coaching and Sport Science College conference, Johnson City, TN
- 2013-2017 **Olympic Day volunteer,** Johnson City, TN

## **GRANTS, AWARDS, AND SCHOLARSHIPS**

- 2017 **Graduate and Professional Students Association Travel Grant,** Johnson City, TN
- 2015-2017 **SOCON Champions, ETSU Men's Tennis,** strength coach and sport scientist, Johnson City, TN
- 2016 **SOCON Champions, ETSU Women's Tennis,** strength coach and sport scientist, Johnson City, TN
- 2014 **1<sup>st</sup> place poster presentation** in Coach Education category, *Coaching and Sport Science College*, Johnson City, TN, 2014
- 2014 **ASUN Champions, ETSU Men's Tennis,** strength coach and sport scientist, Johnson City, TN
- 2014 **ASUN Champions, ETSU Women's Tennis,** strength coach and sport scientist, Johnson City, TN
- 2013 **Tuition Scholar.** East Tennessee State University, Johnson City, TN
- 2011 **NAIA All-American Honors.** Track and Field, Westmont College, Santa Barbara, CA

## **LABORATORY TECHNIQUES**

Uniaxial, triaxial force plates and potentiometers

Timing gates

Strength assessment (dynamic, isokinetic, isometric)

EMG collection and analysis

VO<sub>2</sub> max testing (maximal and submaximal)

Tympanic temperature

Wingate testing

Microsoft Office Suite (Excel, Word, Outlook, Publisher)

Statistical software (R, SPSS)

Body composition assessment (skinfolds, bioelectrical impedance, girth measurements)

Anthropometric assessment (skinfolds, girths, breadths, segment lengths)

Muscle morphology and architecture via ultrasonography

## **AFFILIATIONS**

2015-present National Strength and Conditioning Association, CSCS certified

2015-present American College of Sports Medicine

2015-present International Society for the Advancement of Kinanthropometry, Level II certified

2015-present Graduate and Professional Student Association member

## **ATHLETIC EXPERIENCE**

2011 GSAC Conference Runner-up, 800m (1:53.4)

2011 NAIA All-American Honors, Distance Medley Relay Indoors

2010 NAIA National Finalist Outdoors, 1500m

2010 NAIA National Qualifier Indoors, 1 Mile

2010 GSAC Conference Runner-up, 1500m

2009 NAIA National Qualifier Outdoors, 1500m

2009 NAIA National Finalist Indoors, 1 Mile

2008 NAIA National Qualifier, Cross-country

2008 GSAC Conference Runner-up, Cross-Country (8k: 25:25)

2007 Washington State 4A Finalist, 1 Mile (4:19)

2006 Narrows League 3<sup>rd</sup> Place, Cross-country (5k, 15:55)

## Personal Records

400m: 50.1

800m: 1:53.4

1500m: 3:51

Mile: 4:10

5k: 15:08

8k: 25:25