

# CHRIS COTHERN

## APPLIED SPORT SCIENTIST | PERFORMANCE SPECIALIST | CSCS

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### OBJECTIVE

Applied sport science and performance professional committed to integrating technology, data-informed insights, and interdisciplinary collaboration within complex, high-performance systems that optimize athlete health, readiness, and long-term performance. Experienced across collegiate, professional, and private environments, with a focus on collaboration, transparency, and accountability.

### KEY COMPETENCIES

Applied Sport Science | Performance Optimization and Recovery | Return-to-Play | Injury Mitigation | Interdisciplinary Collaboration | Transparency, Accountability, and Communication

### VP of Human Performance & Innovation / Sports Scientist

**InnerAthlete** January 2024 - Present

- Functioned as an applied sport scientist overseeing data integration, athlete monitoring, and recovery systems across professional and collegiate settings
- Collaborated with strength coaches and sports scientists to optimize interdisciplinary workflows
- Built dashboards integrating biomarker, genomic, cognitive, and wellness data to guide recovery and performance optimization
- Directed data integration and readiness monitoring in NCAA environments
- Licensed physical therapist supporting orthopedic and performance-based care

### Applied Performance Scientist

**Kansas City Royals** January 2024 – July 2024

- Assisted coaches in leveraging and integrating quantitative tools into player development while evaluating novel performance science tools
- Used R for data analysis/visualization to support daily exposure decisions
- Integrated GPS, force plate, and workload data into readiness models to inform coaches and training progression
- Collaborated across disciplines to align medical, performance, and coaching staff
- Supported performance technology, including data collection, technical maintenance, troubleshooting, test selection, and staff training

### Applied Performance Specialist

**Kitman Labs** February 2022 – September 2022

- Successfully decreased injuries with Power 4 team while analyzing contextual

### EDUCATION

- Australian Catholic University  
MS in High Performance - 2021
- University of St. Augustine  
Doctorate in Physical Therapy - 2009
- University of Central Arkansas  
MS in Physical Therapy - 1999
- University of Arkansas  
MS in Microbiology – 1995

### TECHNICAL SKILLS

- Data and Analytics:** R, Excel, Power BI, Python (Beginner) SQL
- Application Management System:** Teamworks Basic Certification, Kitman Labs
- Performance Technology:** Catapult, Dartfish, SmartSpeed, Kinexon, Vald: ForceDecks, ForceFrame, NordBord
- Project Management:** Asana, Slack, Salesforce

### CERTIFICATIONS

- NSCA Certified Performance and Sports Scientist (CPSS)
- NSCA Certified Strength and Conditioning Specialist (CSCS)
- Applied Performance Coach Certification – Ramsey Nijem
- NASM Certified Corrective Exercise Specialist (CES)

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data to determine increased training intensity correlated with wins

- Developed athlete dashboards integrating force plates, GPS, and wellness
- Analyzed and aggregated data into meaningful visualizations for partners while assisting in the design of a new NFL/College EMR system
- Empowered medical, performance, mental health, and nutrition into a centralized platform for improved efficiency and impactful decision-making
- Onboarded integrated AMS into Power 4 NCAA athletic departments with virtual and in-person meetings with exemplary customer service

## **Volunteer Sports Science Consultant**

**University of Arkansas Basketball** 2019 – 2021

- Implemented Vald Force Plates/Catapult, leading to performance gains
- Analyzed data generated by sensors during sports activity to quantify athlete performance using collected and inferred data
- Assisted with S&C sessions while conducting training sessions for coaches, medical staff, and athletes to improve buy-in

## **Sports Science - High Performance Internship**

**University of Arkansas Football** Summer 2018

- Conducted data collection, visualization, and education sessions for coaches and athletes to strengthen data-informed training culture
- Assisted with lifting, sprint, and movement sessions, emphasizing safe progression, mobility, and performance readiness

## **Sports Performance Coach and Physical Therapist**

**AthletePlus Physical Therapy & Sports Performance**

2005 - 2021

- Founded and directed a physical therapy and sports performance company, empowering a ten-member interdisciplinary team
- Official provider for high schools, small colleges, and semi-pro teams
- Trained and rehabilitated elite and professional athletes, including a top U.S. sprinter and an NBA player who completed an injury-free season
- Integrated early sport science practices, including Dartfish, into private training and rehabilitation, bridging data, biomechanics, and athlete readiness

## **LEADERSHIP AND COMMUNITY IMPACT**

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- Former NSCA Arkansas State Director
  - Appointed to Arkansas Governor's Council on Fitness
  - Recognized with NWA Leadership and Community Service Award
    - \* Scaled a statewide youth fitness initiative to 400+ new kids through strategic partnerships and community innovation
  - Youth coach (15+ years) in football, baseball, and basketball

## **REFERENCES AVAILABLE UPON REQUEST**

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- NASM Certified Performance Enhancement Specialist (PES)
- SFMA Advanced Clinical Integration, FMS, and Y Balance

## **PRESENTATIONS AND RESEARCH**

- ["Ted Lasso: A Master Class in Soft Skills"](#)
- ["Case Study: WNBA Player Utilizing R Studio"](#)
- [Case Study: Joel Embiid: 2019](#)
- [Moses Moody Recruiting Performance Analysis](#)
- ["Performance Optimization Plan Utilizing Genomics and Blood Biomarkers"](#)
- ["Why Monitor Accel and Decel in Practice in Pro Basketball"](#)
- [JIMMY WHITT PERFORMANCE VIDEO ANALYSIS 2020](#)
- [Dartfish CBB Free Throw Analysis](#)
- ["Movement-Dependent Deceleration in High-Performance Elite Team Sports"](#)
- ["Load Monitoring, Fatigue & Recovery for NBA Team"](#)
- ["Keeping Up with Joneses, Lis and Franc: Foot Injuries in College Football"](#)
- ["Prep for Playing at Altitude for College Football Team"](#)
- ["How to Choose the Right Sports Technology for Teams"](#)
- ["Is the Probability of Bad Sports Science Statistically Significant?"](#)
- [Cothem, D. C. \(2018, July\). Stress fractures of the foot in football. LE Review.](#)